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BY JAMES COCO  
AND MARION PAONE

INTRODUCTION BY DR. GERARD I. MUSANTE,  
DIRECTOR OF STRUCTURE HOUSE

# The James Coco Diet

**RJ Shavelson**



## **The James Coco Diet:**

*The James Coco Diet* James Coco, Marion Paone, 1985-02      *The Reader's Digest* DeWitt Wallace, Lila Acheson Wallace, 1984      *Muse of Fire* Terrence McNally, 2020-11-25 Acclaimed playwright Terrence McNally's works are characterized by such diversity that critics have sometimes had difficulty identifying the pattern in his career. To redress this problem in *Muse of Fire* Raymond Jean Frontain has collected McNally's most illuminating meditations on the need of the playwright to first change hearts in order to change minds and thereby foster a more compassionate community. When read together these various meditations demonstrate the profound ways in which McNally himself functioned as a member of the theater community as a strikingly original dramatic voice as a generous collaborator and even as the author of eloquent memorials. These pieces were originally written to be delivered on both highly formal occasions academic commencement exercises award ceremonies memorial services and as off the cuff comments at highly informal gatherings like a playwriting workshop at the New School. They reveal a man who saw theater not as the vehicle for abstract ideas or the platform for political statements but as the exercise of our shared humanity. Theatre is collaborative but life is collaborative McNally says. Art is important to remind us that we're not alone and this is a wonderful world and we can make it more wonderful by fully embracing each other. I don't know why it's so hard to remind ourselves sometimes but thank God we've had great artists who don't let us forget. And thank the audiences who support them because I think that those artists' true mission has been to bring the barriers down break them down not build walls but tear them down.      **I WISH I WERE THIN, I WISH I WERE FAT** Michelle Joy Levine, 1999-03-25 JUMP OFF THE WEIGHT GAIN WEIGHT LOSS TREADMILL AND DISCOVER THE REAL REASON MOST DIETS FAIL. With so many diet programs available most overweight people try one after another with varying degrees of temporary success but never succeed in reaching the permanent weight loss they so desperately want. In the bestselling *I Wish I Were Thin I Wish I Were Fat* Michelle Joy Levine a psychotherapist for over twenty years uncovers the real reason why most dieters fail an unconscious yet powerful fear of being thin or a desire to be fat. As incredible as this may sound the poignant and revealing case histories presented in this book demonstrate how childhood experiences affect our eating habits and the helpful exercises included will teach you how to stop sabotaging your goal of permanent weight loss. Understanding why we overeat is the first step toward a healthy weight and happier life. This highly acclaimed remarkably insightful book is a must for anyone who is serious about eliminating destructive eating habits from their lives forever.      *Quick Weight Loss Diets* , 1986      *New York Magazine* , 1986-05-05 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea.      **Health Related Cookbooks** Tian-Chu Shih, 1991 Will assist in

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