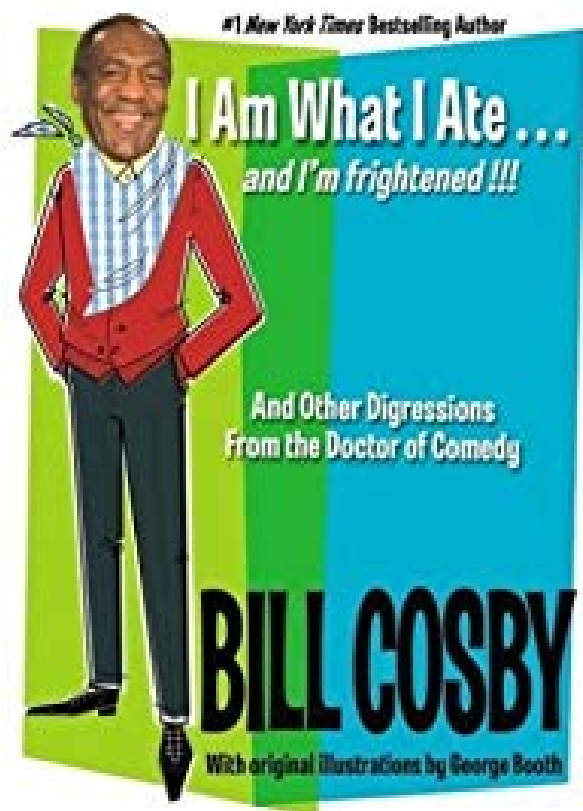


I Am What I Ate...and I'm frightened!!!: And Other Digressions from the Doctor of Comedy



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The legendary Bill Cosby, America's most well-known comic, wants food lovers and over indulgers everywhere to know that they are not alone. Yes, just like the rest of us -- he is frightened -- especially if we've paid any attention lately to the front-page headlines and daily reports on the nightly news: Cholesterol Kills!" Cookies Clog Arteries!" Meatball Sandwiches Cause God Knows What" Repent and Exercise -- or Else!" In this original collection of humorous musings and digressions about our obsessions, the incomparable Doctor of Comedy is right on target as he reflects back on his own sixty-five years of dining at the banquet of life -- from the hoagies to the stogies to every death-defying delicacy in between. Who better than the man who made an international hero out of a boy named Fat Albert, to aim his great wit, wisdom, and observational talent at our national obsession with food and our never-ending quest for a healthy lifestyle. Bill Cosby is stepping up to the plate -- literally -- in this hilarious new book about his own lifelong cravings and snack attacks ... as well as his hopes that one day, sooner rather than later, pizza will be found to be a cure for heart disease and high cholesterol.