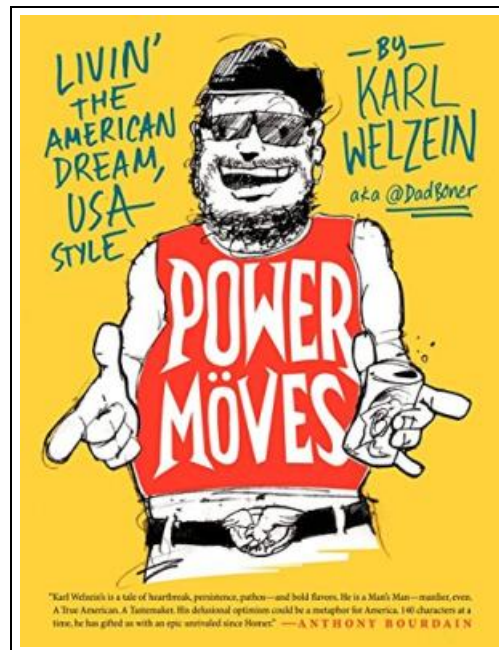


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Reviews




Basically no phrases to describe. I was able to comprehend everything out of this published ebook. You can expect to like the way the author compose this ebook.

(Mrs. Novella Will)

POWER MOVES: LIVIN THE AMERICAN DREAM, USA STYLE (HARDBACK)

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It Books, 2013. Hardback. Condition: New. New.. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Meet Karl Welzein, aka Captain Karl, aka on Twitter--the Midwest s most beautiful loser Karl Welzein is really lookin forward to the weekend, you guys. His job is a drag and his wife kicked him out, but that s okay. She wears granny panties and is constantly dropping wads of cash at Target, and his son cries all the time. Now his temporary roommate, Dave, ate all the Totino s pizza rolls. Again. Karl Welzein is sick of this. So sick of this. Power Moves chronicles the hilarious decline of Karl Welzein on his journey from life as a Dockers-and-golfshirt-wearing dad to a ponytailed party maniac who spits out his life philosophies like a modern-day Charles Bukowski (if he preferred to get drunk at Applebee s). A middle-aged Michigan native, Karl may be overweight, prone to questionable fashion and culinary choices, oblivious to his drinking problem, a poor excuse for an employee, obsessed with the restroom, and a terrible husband, father, and friend . . . but in his heart he means well. He s just like a lot of us--he loves the USA, Guy Fieri, bold flavors, Bob Seger, and thinking he looks jacked in a tight tee and Maui Jim sunglasses. Karl is an everyman and like no other man on the planet all at once. Inspired by the Twitter feed , Karl finally tells his full story. He shares his wisdom on fitness (1. Look at a pic of Stone Cold Steve Austin. 2. Do shups til you look like Stone Cold. 3. Cut off your sleeves), diet (Eat only the filling of the...

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