

# **LIGHTEN UP, AMERICA!**

**WHAT YOU NEED IS TO TAKE A LOAD OFF AND FOLLOW THE JELLY DONUT DIET.**

**FRUSTRATED BY THE OTHER GUY'S VIEWS? HAVE A JELLY DONUT.**

**ANNOYED WITH YOUR JOB? HAVE A JELLY DONUT.**

**You may not lose weight, but you certainly will take the first step towards regaining our national sense of humor.**

**"The purpose of the *Jelly Donut Diet Book* is to return us to a greater sense of solidarity. If I am offended by this, and you are offended by that, and he is offended by the other, then a truly great author would realize that it is his duty to restore national unity by writing a book that offends everybody. *Jelly Donut Diet Book* is designed to do just that."**

—JUDGE LAWRENCE GREY

**In this uproarious assault on the American condition, Judge Grey spares no one from his witty attack. From the religious nuts to vegetarians to the nonsmokers, no one is safe. Here, with his brilliant satire of our politically correct country, he proudly vows to reclaim life from the "offendeds" who control our social dialogue.**

**With Swiftian elegance, Judge Grey argues the finer points of subjects that range from the benefits of secondhand smoke to the puritanical undertones of our health care system. Here, he demonstrates his deft ability to take an issue, stand it on its head, and then laugh at it. Unpredictable, hilarious, and unrelenting, Judge Grey refuses to rest until one and all have been offended.**

**"The *Jelly Donut Diet* works because it supplies that one element necessary to a good life—satisfaction. Your job may stink, your spouse may not appreciate all you do, your kids may hate you, your mother-in-law may be a pain in the ass, but none of this affects how good a jelly donut tastes. None of this affects how much you need to have some little thing every day that gives you pleasure. Eat a couple of jelly donuts every day. You'll feel better."**

—JUDGE LAWRENCE GREY

**So light up a cigarette in a public restaurant, with a jelly donut in one hand and this book in the other. If someone complains, just tell them you're on a diet.**

ISBN 1-59077-025-0



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