

2023 Los Angeles Festival of Books presents Boil the Frog by Dennis McVicker

*Author and US Navy Veteran Shares a
Profound Memoir That Teaches Readers
About Weight Loss and Life*

LOS ANGELES, CA, UNITED STATES,
April 10, 2023 /EINPresswire.com/ --
Dennis McVicker's impactful self-help
book aspires to help and empower
individuals who struggle with their
internal conflicts. Boil the Frog is not
your ordinary step-by-step guide on
how to lose weight; it delves into a
deeper and more profound point that
can holistically change lives. Together
with Authors Press, Boil the Frog is one
of its lineup for the annual Los Angeles
Times Festival of Books this April 22
and 23, 2023.

Dennis McVicker is a US Navy veteran
who now lives in Bowie, Maryland with his wife and daughter. Boil the Frog is a memoir that
recounts the the author. The book walks through the different aspects that affect an individual's
solution and urge in overcoming internal and external conflicts.

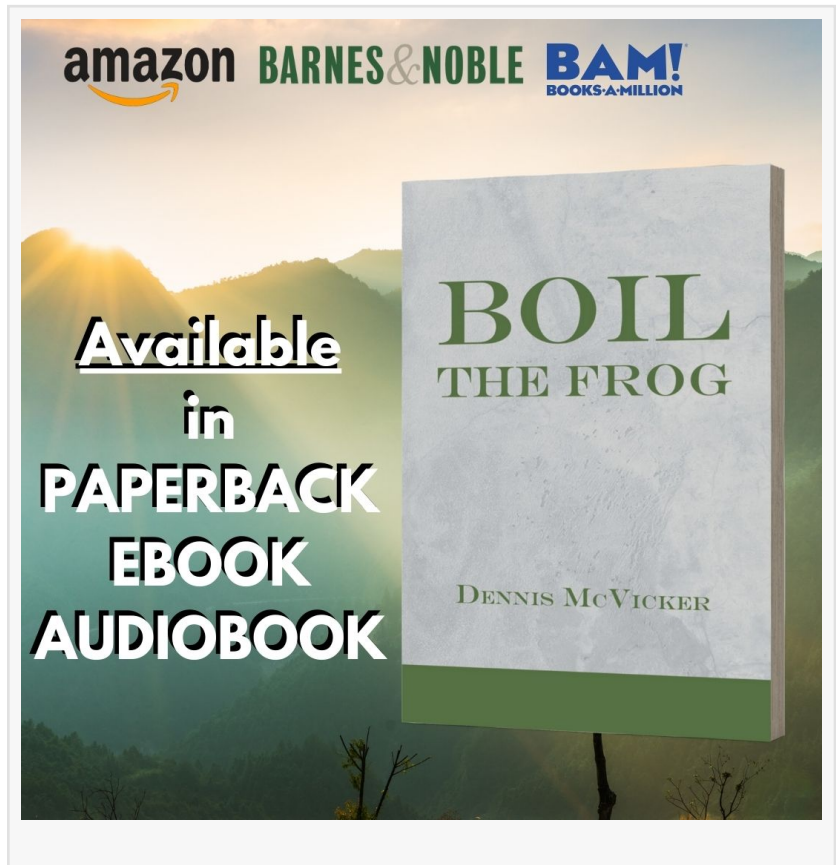
“

Don't put off until tomorrow
what you can do today.”

Benjamin Franklin

Boil the Frog will light the path for readers to discover the
depths of their mind and to reunite with themselves — to
discover their identities that the world told them not to be.
The author writes, “Take this book home for the weight
loss, it can help you with that, but keep it as a guide for life
in general.”

Discover Dennis McVicker's personal reflections and values with Boil the Frog. Copies of the book
are available for purchase on [Amazon](#), [Barnes & Noble](#), and more.



Boil the Frog

Written by Dennis McVicker

Kindle |

Audiobook |

Paperback |

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