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**NEWS RELEASE
FOR IMMEDIATE RELEASE**

Announcing the publication of *Lapping Everyone on the Couch*

Free Press Publications is pleased to announce the upcoming publication of *Lapping Everyone on the Couch: How I Lost 145 Pounds and Became a Runner* by Darryl W. Perry. He tells the story of not only how he was able to lose 145 pounds, but how he became overweight in the first place, his motivations for losing weight, and how he continues to push his own boundaries.

Perry says, “This is not a weight-loss book or a diet book. Certainly, I do explain how I lost a large amount of weight, however this book is about a life transformation and is in no way intended as medical advice.” Adding, “I want you to be motivated to transform your life, get in shape, and inspire others. It’s not going to be easy, but it IS going to be worth it!”

Lapping Everyone on the Couch, to be published on October 30, 2018, will be available in paperback and e-book on October 30, with the audiobook to be available in November. The e-book and paperback can currently be pre-ordered from Amazon and the [publisher](#), respectively. A limited number of complimentary copies will be made available to the press for review. Darryl will be available for interviews to discuss his book, and can be contacted directly via email darryl@darrylwperry.com.

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