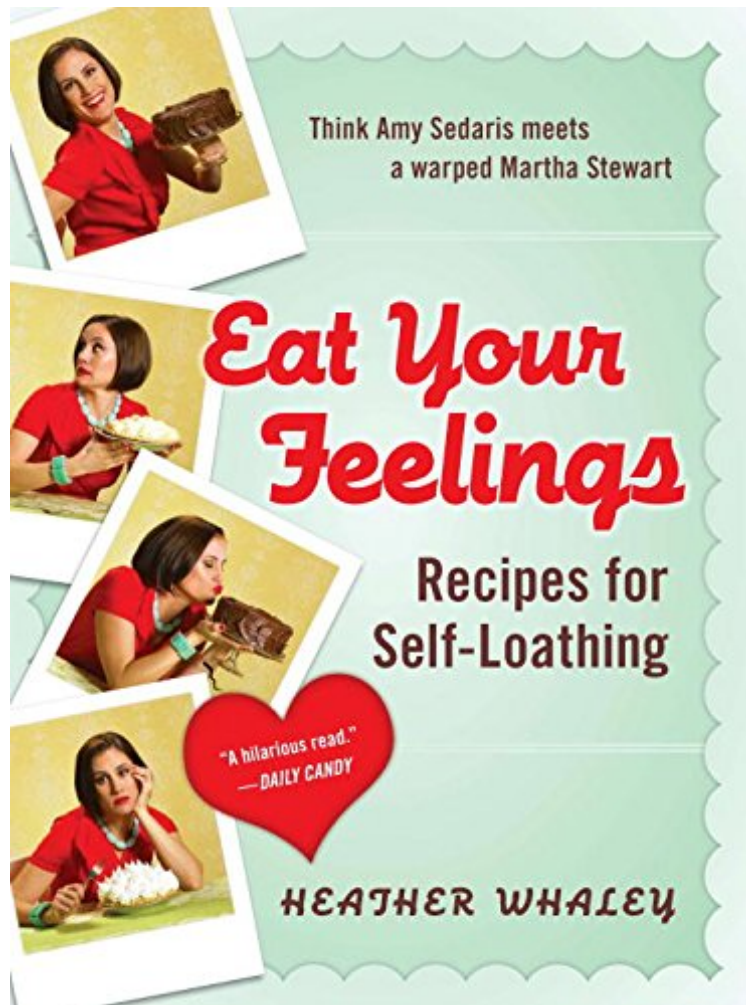


[Download ebook] Eat Your Feelings: Recipes for Self-Loathing

Eat Your Feelings: Recipes for Self-Loathing

Heather Whaley

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Heather Whaley : Eat Your Feelings: Recipes for Self-Loathing before purchasing it in order to gage whether or not it would be worth my time, and all praised Eat Your Feelings: Recipes for Self-Loathing:

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"A hilarious read when you're feelin' down and hungry." Daily Candy Life's little pitfalls can be a real drag: being dumped, fired, or left at the altar they're all such downers. Sure, some might just grin and bear it, but why? Hilarious author Heather Whaley advises readers to revel in their misery, offering a slew of side-splittingly skewed recipes, each perfect for a different, wretched moment, including: Lonely Christmas pudding Caught Mom and Dad in the Act Tater Tot Casserole Your brother Really Was Mom's favorite peach pie fannie Mae and freddie Mac 'N' Cheese breakfast Sandwich for Morning-After Regret In the wonderfully perverse tradition of Amy Sedaris's bestselling I Like You, Eat Your Feelings makes the perfect gift, reminding us that food and booze unlike fair weather friends or your 401K will never let you down.

From Publishers Weekly Though billed as "Amy Sedaris meets a warped Martha Stewart," this painful attempt from writer and actress Whaley falls far short on both counts. Ostensibly a tongue-in-cheek collection of dishes suitable for specific misfortunes and awkward moments, Whaley only manages to expand on the discomfort. Aside from listing props in ingredient lists ("Stir Fry for Stretch Marks," calls for an "old lady bathing suit"; "Moving to Russia To Look For Work Chocobanbutt Panini" calls for more accoutrements than foodstuffs), Whaley includes "recipes" like "MIL From Hell Taco Bell," a list of things to order from the fast food chain when mother-in-law is pushing your buttons. Subtlety and charm are not part of Whaley's repertoire, so crass comedy abounds: "Unwanted Pregnancy Kielbasa and Sauerkraut" lists qualities one should look for in an adoptive family ("must not be likely to sell child on black market"); "Mom's Old-Fashioned Chicken Noodle Soup for Closet Cases" reminds readers to use dairy butter, not "boy butter." Readers dealing with depression, irritating family members or simply in the mood for a comfort food pick-me-up would do far better consulting the back of a box of brownie mix, or a pint of Ben Jerry's. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "A hilarious read when you're feelin' down and hungry." Daily Candy "I laughed my way through Eat Your Feelings. She has the perfect recipe to cheer you up no matter what life throws at you." Every Day with Rachael Ray "They say the cure for loneliness is laughter... and food. Well, here it is in one hilarious, delicious package." Christian Lander, New York Times bestselling author of Stuff White People Like "[It] fills my heart with joy." The Book Bench, The New Yorker "Recipes for the confidence-intolerant." Vanity Fair "Priceless. For anyone in danger of OD'ing on the profusion of romance... this is the perfect antidote." Epicurious.com About the Author HEATHER WHALEY is an actress, writer, and lifelong eater. Her play, Social Note, was the first play to appear in the storied Oak Room of the Algonquin Hotel. I Will Not Marry Anthony Porter! debuted Off-Broadway in 2009. Her television pilot, Sharon Shaw, is being developed for Lifetime, and her film project, Adult Children of Divorce, is in production. She lives in New York City with her husband and two children.