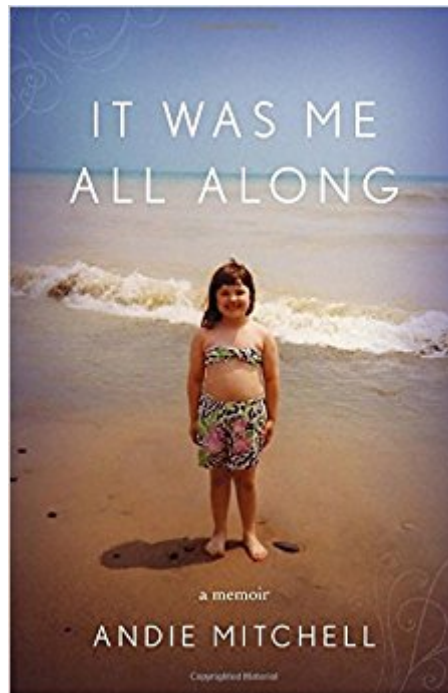




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It Was Me All Along: A Memoir



Synopsis

NEW YORK TIMES BESTSELLER A heartbreakingly honest, endearing memoir of incredible weight loss by a young food blogger who battles body image issues and overcomes food addiction to find self-acceptance. "All her life, Andie Mitchell had eaten lustily and mindlessly. Food was her babysitter, her best friend, her confidant, and it provided a refuge from her fractured family. But when she stepped on the scale on her twentieth birthday and it registered a shocking 268 pounds, she knew she had to change the way she thought about food and herself; that her life was at stake. *It Was Me All Along* takes Andie from working class Boston to the romantic streets of Rome, from morbidly obese to half her size, from seeking comfort in anything that came cream-filled and two-to-a-pack to finding balance in exquisite (but modest) bowls of handmade pasta. This story is about much more than a woman who loves food and abhors her body. It is about someone who made changes when her situation seemed too far gone and how she discovered balance in an off-kilter world. More than anything, though, it is the story of her finding beauty in acceptance and learning to love all parts of herself. From the Hardcover edition.

Book Information

Paperback: 235 pages

Publisher: Clarkson Potter; Reprint edition (December 29, 2015)

Language: English

ISBN-10: 0770433251

ISBN-13: 978-0770433253

Product Dimensions: 5.2 x 0.6 x 8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 661 customer reviews

Best Sellers Rank: #16,768 in Books (See Top 100 in Books) #30 in Books > Cookbooks, Food & Wine > Cooking Education & Reference > Essays #37 in Books > Biographies & Memoirs > Professionals & Academics > Culinary #252 in Books > Biographies & Memoirs > Specific Groups > Women

Customer Reviews

An Best Book of the Month, January 2015: Andie Mitchell is irresistible. And by that I mean she's irresistible no matter whether she weighs 268 (at the start of this delightful memoir) or 133 (by its end.) She's so funny, so bouncy, so full of wit and energy and kindness (even or especially to the parents who contributed, in various ways, to her obsession with food) that

even readers who would never think they'd read a "weight loss memoir" would be charmed by this one. How's this for an opening line: "If you were not able to attend my twentieth birthday party, you missed a fabulous cake. . . . And if, by chance, you were able to attend my twentieth birthday party, you, too, missed a fabulous cake." See? Somebody else might have begun her mournful story of bingeing and dieting and other eating disorders with an admonition or a complaint: Mitchell starts it with a joke. (Some things, as a friend of mine once said, are too serious NOT to joke about.) She then goes on to tell us the whole sad-and-funny story: of a father who loved her but not, ultimately, as much as his alcohol, about a caterer-mother who taught, perhaps too well, the young Andie to bake, about the friends who stuck by her as she careened from mood to mood and weight to weight, of the boys who did, too (and a few who did not). There are a lot of anecdotes here, many of them poignant, but also, usually leavened with sly self-knowledge: "I wish I remembered his face as precisely as I remember eating the muffins." Mitchell writes about the eating binge she embarked upon learning that her father had died. Now a health and food blogger at canyoustayfordinner.com, Mitchell has become an inspiring thin person but to readers of this delightful memoir, she's also always going to be the girl with the big, fat heart. --Sara Nelson --This text refers to the Hardcover edition.

"Andie Mitchell draws you in from the first cupcake • you taste the creamy frosting, feel every hunger pang, and your heart aches right along with hers. She beautifully exposes the dark and painful struggles of weight loss, food addiction, and self-hate that so many in this country face. Her journey to mental and physical health • the long road to overcoming her obsessive behavior • is so relatable you can't help but love and cheer for her. Read this book because it offers wonderful lessons for healthy living, being kind to yourself, and finding balance. Read it because it's heartbreakingly honest and endearingly educational. Just READ IT!" • Alison Sweeney, host of NBC's *The Biggest Loser* "Loving yourself is the bravest thing, and I'm so glad Andie found her bravery and was willing to share it. Cheers to chocolate cake in moderation and happiness in abundance!" • Giada De Laurentiis, author of *Giada's Feel Good Food* "Andie's story, in which she takes us along for her 135-pound weight loss journey and makes peace with food, is remarkable. She chooses to see the positives from her past, and she realizes that who she was when she was bigger molded her into the person she is today. Andie is an inspiration to anyone who struggles with the challenges of dieting and weight loss." • Gina Homolka, author of *The Skinnytaste*

Cookbook

“A charming memoir about weight loss and self-discovery.”

•People magazine

“The book’s biggest surprise is how relatable it is: Beneath the extreme eating scenarios Mitchell describes some universal truths about how women connect and clash with food.

It Was Me All Along is the perfect book to read in January, because Mitchell’s total bluntness will inspire you to have a more honest year.

•Glamour.com

“Anyone embarking on New Year’s resolutions of eating healthier and losing weight will be humbled by reading Andie Mitchell’s memoir, a poetically written, honest account of her struggles with bingeing, obesity and the traumatic childhood that led her to seek solace in food.”

•StyleBistro.com

“In a moving new memoir, *It Was Me All Along*, Andie Mitchell describes how her life became a prison of calorie-counting, cravings and self-consciousness until she found a comfortable weight.”

•Daily Mail

“Mitchell’s journey towards acceptance, chronicled in her new memoir, *It Was Me All Along*, has struck a chord with women everywhere.”

•Yahoo! News

“*It Was Me All Along* is the strikingly honest story of one woman’s long journey to self-acceptance. It’s a must-read memoir for anyone who has used food to numb the pain rather than nourish the body.”

•BookPage

“A candid and inspiring memoir.”

•Kirkus Reviews

From the Hardcover edition.

I truly, wholeheartedly enjoyed every page, paragraph, and sentence of this memoir. Not knowing what to expect, and having found it by mistake as I was browsing the web, this book immediately became something I couldn’t put down (I don’t normally get this way with nonfiction). As I read through it, I realized there was so much good stuff in it that I wanted to remember, that I had to search the house for a highlighter. Even though my personal story with food addiction isn’t as severe as Andie’s, it still resonated with me. It was a relief to see my feelings and struggles put into words. I quickly realized that this book was about overcoming an eating disorder (overeating, binge eating, emotional eating). The best part about this book is there’s a happy ending, which gives hope to us all, even those suffering as bad as the author did. And if that doesn’t help get you through the day, I don’t know what will. Here are some quotes from the book that I loved. I hope you find this book as lovely as I did.

“I am a lifetime practitioner of secretive eating, after all. I knew no way other than eating to alleviate the loneliness, to fill in the space where comfort and security could have been.”

“Once you’ve decided on a binge, it’s almost impossible to stop. Turning back is driving all the way to Florida from Massachusetts, straight through the night, and arriving bleary-eyed and

exhausted, only to decide it would be better to turn around and head back up north rather than nap in the sun on the beach for a bit. It's starving for a day, only to enter a buffet line with no plate, no fork, no knife, no spoon. You consider using your hands, no matter how barbaric, how publicly embarrassing. It hardly feels doable to go back on what you've decided will be a swan dive into pleasure." "I cursed each ounce of flesh. As if the fat had arrived of its own accord and set up a commune on my hips, thighs, and love handles. I wished it would leave, quietly and quickly. In those minutes, losing weight felt all at once easy and impossible. I knew how to do it. Even a person with the most basic health knowledge knows how to lose weight: You must move more. You must eat better. And you cannot binge-eat." "I hated the binge last weekend, and I wished I could do it again. I wanted to eat less, and I wanted immediately to eat more."

I do more than like it, but I don't quite love it. I thought her childhood and college experience were heart-wrenching and well written. Her emotions and what led her to the point she was at were so well described, it was like she could see into MY past. The big part I didn't like, and actually looked around going, "Wh....why is this in here?" was her job as an onset assistant. This, in my opinion, could've been written in a page or two, not an entire chapter. There was way too much detail and it was almost a chapter of gloating. Yes, she should be proud of her accomplishments, but it didn't seem to mesh well with the rest of the book. There was no correlating point to it. I did go ahead and buy her cook book, which seems to have a lot of great recipes and anecdotes. Overall, I really liked her vulnerability, and her ability to pinpoint the reasons she descended into despair.

Not really a diet book. More a life book. A life story. Andie wrote this so her life can be an example. We got the book, and the audio book, which she narrates. That is how my wife and I "read" this. But having the book to back it up is great, too. We got more from this than any other book on eating we've ever read, and that is a lot of them over the years. If you have any thought this book would help you, buy it and read it. Better yet, IMO, get the audio book or the pair. Hearing Andie tell her story is more powerful than reading about it. At least it was for us.

Loved this book! I am a nutritionist and work with overweight kids and parents. This author just vindicated a philosophy I follow and believe in, only with the right therapists Andie was able to come to the same conclusions on her own. (The research based philosophy I speak of is "Eating Competency" and sDOR--Ellyn Satter Division of Responsibility with feeding. Check out Ellynsatterinstitute.org) Andie happens to be an excellent writer too. If you have a child with a weight

issue, strongly consider reading, "Your Child's Weight: Helping Without Harming" by Ellyn Satter, RDN, LCSW, MS.

What a story. This book will make you cry, it will make you laugh. I didn't cry while reading it but I cried when I was telling my boyfriend about it. Mostly because it brought up feelings of my own insecurities and issues with food and weight. I've never been very heavy but I had a father who would call me "fat names" and he thought he was being funny and cute. To this day it has caused me to be very controlling with food and it has made me a compulsive dieter. I highly recommend reading this book if you struggle with weight loss, food addiction or just growing pains. Beautifully written.

As a "fatty" growing up and still struggling, this story resonated with me. It is inspirational in as much as she overcame her food addictions. Only after dealing with the emotional issues will we understand the "why" behind our disorder.

Andrea Mitchell is a great writer! I can't thank her enough for writing this account of her struggle with food addiction. Written with great passion, and a strong sense of self. I was finally able to stop over eating as a result of reading this book. She showed what it is like to be painfully overweight, and be at the mercy of food. She was very fortunate to have a mother that truly loves her. She was allowed to be herself, and to develop a great personality. I thoroughly enjoyed reading this book!

As far as weight loss memoirs go it was great, but if food addiction doesn't specifically interest you, it's only ok. I found the last third to be cloyingly self-congratulatory. That said, her childhood was interesting and her descriptions of food vivid enough that I was perpetually hungry.

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