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Eat Your Feelings: Recipes for Self-Loathing

Heather Whaley

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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.

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Arthur Smith:

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Melissa Becker:

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