



# Eat Your Feelings: Recipes for Self-Loathing

*Heather Whaley*

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# Eat Your Feelings: Recipes for Self-Loathing

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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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