

Eat Your Heart Out: A Culinary Journey with Kelly Devos



Eat Your Heart Out by Kelly deVos

★★★★☆ 4.5 out of 5

Language : English

File size : 2359 KB

Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting: Enabled
Print length : 352 pages

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About the Book

In 'Eat Your Heart Out,' food writer Kelly Devos takes readers on a culinary journey through her life, exploring the ways food has shaped her identity, relationships, and career.

From her childhood in rural Oregon to her time spent as a chef in New York City, Devos's story is filled with vivid descriptions of food and the people who have shared it with her. She writes about the comfort of family meals, the excitement of cooking for friends, and the challenges of eating in a world that is often hostile to fat people.

'Eat Your Heart Out' is a funny, honest, and ultimately hopeful book about the power of food to connect us to ourselves and to others. It is a must-read for anyone who loves food, cooking, or simply wants to learn more about the human experience.

Praise for 'Eat Your Heart Out'

“Kelly Devos is a gifted writer with a unique voice. 'Eat Your Heart Out' is a beautifully written and deeply personal memoir that will resonate with anyone who has ever loved, lost, or simply tried to figure out their place in the world.” —**Ruth Reichl, author of 'Tender at the Bone'**

“'Eat Your Heart Out' is a delicious and moving memoir that will make you hungry for more. Devos writes with wit, honesty, and a deep love of food. This book is a must-read for anyone who has ever struggled with their relationship to food.” —**Emily Nunn, author of 'The Comfort Food Diaries'**

“Kelly Devos is a fearless writer who is not afraid to tell the truth about her life. 'Eat Your Heart Out' is a powerful and important book that will challenge the way you think about food, body image, and self-acceptance.” —**Roxane Gay, author of 'Hunger'**

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'Eat Your Heart Out' is available now at all major bookstores. You can also Free Download your copy online from Our Book Library, Barnes & Noble, or IndieBound.

: 978-0316498234

Price: \$26.99

Author Bio

Kelly Devos is a food writer, recipe developer, and cooking instructor. She is the author of the popular blog 'The Hungry Mouse' and has written for publications such as 'The New York Times,' 'The Washington Post,' and 'Food & Wine.' She lives in Brooklyn, New York.

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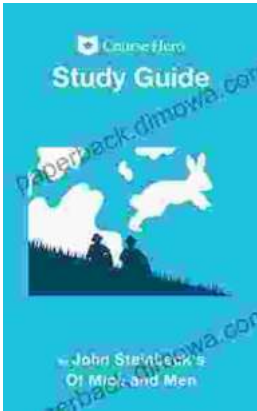
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