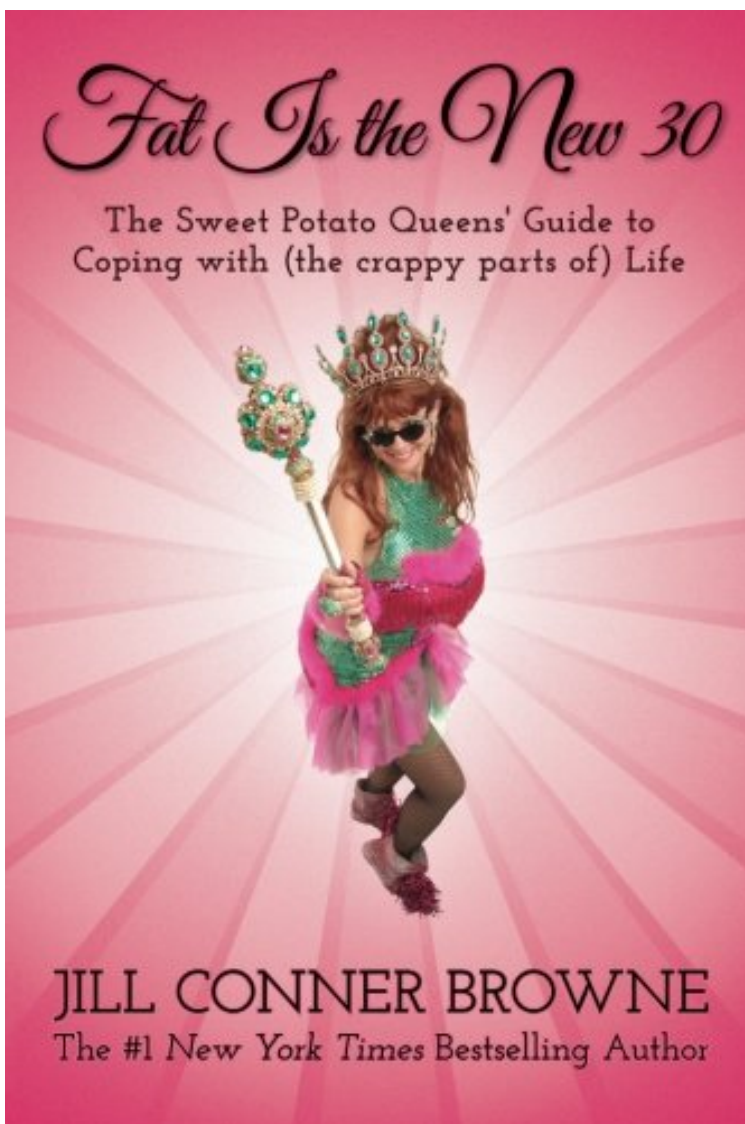


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## Fat Is the New 30: The Sweet Potato Queens Guide to Coping with (the crappy parts of) Life

*Jill Conner Browne*

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**Jill Conner Browne : Fat Is the New 30: The Sweet Potato Queens Guide to Coping with (the crappy parts of) Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised Fat Is the New 30: The Sweet Potato Queens Guide to Coping with (the crappy parts of) Life:

2 of 2 people found the following review helpful. If you love to laugh like recipes, this is a great combo!By

Grandmaof4I've read several of Ms. Browne's book love them! The Sweet Potato Queens' are a group of southern women who are madcap, zany the books represent the fun! She is one of them recounts things shared by her many friends acquaintances. She also includes recipes for "white trash" food but she's never condescending; instead, outrageously identifying herself right up there with the rest of us. For example, in trying the raved about "mug cake", she a friend decided it was so bad, a substitution of a dirty old sponge sprinkled with cheap cocoa powder was adequate. Then they go on to try it with a brownie mix it's a lot of fun as she tells it. Her writing usage of words phrases are very humorous. There is profanity thrown in every now then so I can't recommend it to my daughter or most of my friends as they'd find it offensive. It's autobiographical she has some outrageous hysterical experiences. She's obviously a flawed human being, just like everyone else, makes no excuses or apologies for it; just finds the humor in every situation writes about it. She's the kind of gal everyone wishes they could have for a close buddy.1 of 1 people found the following review helpful. Wonderful Irreverent True Daughter of The South ...By Rebellious FishFirst of all, if you like to sip a beverage while you read, time your sip and swallows so you don't have a mouthful of tea or something else as you read. Yes, there are passages that will make you snort whatever right out of your nose and onto your book or reader. I am personally grateful my iPad is thoroughly protected in a case or I would definitely ruin it several times over because of this book.Jill has the ability to turn the most miserable of experiences into an opportunity to laugh at herself, or at others' foibles, while doing it with love, not meanness. Laughter through tears is a wonderful emotion which was thoroughly evoked in one of the final chapters as Jill describes her Mother's passing. How can THIS event be included in a book that includes such vivid story telling as to make you believe you've seen two miserably fitting SPQ Parade dresses? Or met a three legged dog? Or ridden the Pennsylvania Turnpike in a one-wipered tour bus?Trust me....it works. Save this book for one of the days when laughter feels far away. Or wait until you're stuck in the middle seat on a packed flight - your snorts and giggles and outright guffaws will surely cause your window and aisle neighbors to lean away from you.Enjoy....Note: Contains unladylike language so consider yourself warned. Funny!! Bawdy at times, but wonderfully funny! And touching. And inspiring. And thoughtful.0 of 0 people found the following review helpful. Laughs abound!By Cheryl PhelpsI love the SPQs, read all the books and have laughed till all of my mascara is all over my face with every single one...and this one was the same! The only reason I gave it a 4 out of 5: I don't cook, so the recipes weren't super helpful for me (my fault, not hers!), and I didn't love the several references about past stories instead of explaining them briefly it was heavily suggested to buy the other books for explanation and to hence support her boobie fund. I am all for raising the girls back up to their pre-kid levels, but I think there could have been a better way to go about the whole thing. Anyway, if you are familiar with her style of writing amazing wit outlook on life, you won't be disappointed!

The Sweet Potato Queens are back and bawdier than ever in Southern belle extraordinaire Jill Conner Brownes ninth edition of the hysterical series. Having experienced pretty much ALL of the crappy parts of life, Browne feels it is her duty to render whatever assistance she can to her fellow sufferers and she does so in her own inimitable fashion. Her father taught her there are very few situations in life that we really and truly cannot change, and it is up to us to figure out how to either make fun OUT of them or make fun OF them. And fortunately for the rest of us, Browne is well equipped for both. Including the exploits of the Queen contingent and her family, she delivers applicable tidbits like:\* Thinking or talking about watermelon can save any negative situation.\* If you get drunk in Scotland, you cant have your cow with you.\* When sanity and reason fail, you can always cheerfully resort to ridicule.\* Denial means that every situation is perfectly perfect. More fun than a Cracker Barrel full of monkeys, Fat Is the New 30 will change your life or at least give you ideas for making fun of your ownself.

.com QA with Jill Conner Browne, The Sweet Potato Queen Question: The Sweet Potato Queens were born on a gleeful St. Patricks Day, back in 1982, when you and a few friends decided to get Queened-up for local parade in Jackson, Mississippi. Did you realize that parade would begin an international movement for women? Jill Conner Browne: Yes, It was my Five-Year Plan. Are you kidding me? No!I had no idea I would become a cult leader! My only goal was to entertain myself a goal that endures to this very day, I might add. Question: Tell us a little about the annual Zippity Doo Dah Parade that happens at the end of March every year. Women come from all over the world, wear sequins, and march with bands, raise money for charity, eat and laugh. How does it all come together? (Let us live vicariously!) JCB: We simply out-grew the other parade and started our own, which has been fantastic for the Queendom, the city of Jackson and most importantly, for Blair E. Batson Hospital for Children. Queens (and Spud Studs) start arriving on Wednesday of parade week--March 21-25 for 2012--and overnight the city is overcome with sparkle. It is four days of fantastic: Arts, Eats Beats in the Fondren Arts District, The Come On In Party, Big Hat Brunch, SPQ Big Hair Ball, Sal Mookie's Kids' Carnival, Patty Peck Honda Car Giveaway, the beautiful "Night-Time Zippity Doo DahParade" immediately followed by the street dance, Pearls PJs at the Hilton, and ending with the Bathrobe Brunch on Sunday morning. And it all raises money for sick kidswhat could be better? Question: Fat is the New 30 is your ninth book. Is there a theme that runs through all of your books, other than being stitch-in-the-gut funny? JCB: Life is too shortand too LONGto spend it doing ANYTHING that doesn't make your heart sing.

Question: You believe that humor is the best medicine, which is evident throughout the book since you make us laugh at even the "crappiest parts of life." How are you able to mix humor and happiness into nearly every life situation?

JCB: Oh, my Daddy taught me many useful things! One of the most important was this: There are very few situations in life that we really and truly cannot change. But when we do encounter one of those, the task at hand is to figure out how to either make fun out of it--or make fun of it. I am extraordinarily gifted in this department.

Question: Nearly all of your books, including *Fat is the New 30*, include some "you'll have to roll me out of the kitchen" recipes. Do you test them all out? Which of the new recipes is your favorite?

JCB: Did I test them all? Have you SEEN me lately? If and when you do see me, you will note that I am wearing a very long jacket. Suffice it to say that if I am ever found dead in a short jacket, you will know that I was dead before the jacket went on. Yes, I tested all the recipes and they are poison! If you eat this stuff all the time, you WILL DIE--and you will die with a HUGE bee-hind--however, they are VERY good for your disposition. My fave? Why, I love them all, obviously! Can happily go from Scott's Dip to Viney's Floor of the Hilton Minner Cheese to I-Can't-See-My-Feeet Krispy Kreme Bread Pudding.

Question: You're a Southern Girl but there are Queens from all over the world. Do you think we all have a little Southern in us?

JCB: My "voice" is that of a Southern woman--on account of that's what I turned out to be (luckily)--but the experiences are universal so no Southern is required. However, if you are lacking in Southern, you can certainly get you some in my books and it will make you happy!

Question: What's next for you and the Queens?

JCB: The Sweet Potato Queens Musical! I just got the first draft from Melissa Manchester, Sharon Vaughn and Rupert Holmes! It's always been my dream--and now it is happening! Of course, that doesn't require ANY effort on my part--which is so perfect--I can be entertained while lolling. Heaven. From Booklist: Hilarious . . . Poignant . . . The Sweet Potato Queens chronicler returns with the ninth in the series and this time takes on the more serious parts of life, such as raising children, getting older, and surviving a recession, with her trademark bawdy humor. As before, she peppers each chapter with her and others personal anecdotes. . . . Legions of Sweet Potato Queens, now boasting 6,200 chapters in 20-plus countries, will line up for the latest book in Brownes popular series. Booklist: About the Author: Jill Conner Browne is the New York Times bestselling author of nine Sweet Potato Queens books, which are being developed into a Broadway musical with Grammy Award-winning singer/songwriter Melissa Manchester, Oscar nominee and Nashville Songwriters Hall of Fame inductee Sharon Vaughn, and Tony Award-winning playwright Rupert Holmes. She has been featured in such publications as USA Today, Newsweek, People, Los Angeles Times, and the Washington Post. Her books have inspired more than 6,200 Sweet Potato Queen Wannabe Chapter Groups in twenty-two countries. When she is not writing, hosting Jackson, Mississippi Annual Zippity Doo Dah Parade Weekend Festivities benefiting Blair E. Batson Hospital for Children, or speaking at fundraising events around the country, Jill lives and reigns in Jackson with her three cats, a three-legged girl dog, a big boy dog, her daughters rescued mutt, and her husband. And no, he's not the Sweet Potato King.