



# **Eating My Feelings: Tales of Overeating, Underperforming, and Coping with My Crazy Family**

*Mark Brennan Rosenberg*

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**Eating My Feelings: Tales of Overeating, Underperforming, and Coping with My Crazy Family** Mark Brennan Rosenberg

**The follow-up collection of comic essays from a self-publishing dynamo, which skewers his struggles with weight and body image, both as a kid in the 1980s and as a gay man in the 2000s.**

Mark Rosenberg has had more ups and downs with his weight than Oprah-but unlike Oprah, no one gives a sh\*t. Coming of age very outrageously as an overweight, soon-to-be gay kid, he learns to relate to others by way of his beloved Melrose Place and Clueless-which serves him well when exiled to fat camp and faced with an opportunity to bribe an adulterous counselor or poison his stepmother by birthday cake-and thinks nothing of dressing as Homey the Clown (in blackface) for Halloween. This sets him up for adulthood in the image-obsessed world of gay men in New York City, where he hires personal trainers he wants to sleep with, applies an X-rated twist to Julie & Julia in an attempt to reach blogger stardom, and has an imaginary relationship with the man on the P90X workout infomercials that becomes a little bit too real. Hilarious, heartwarming (as if), and especially scandalous, Eating My Feelings leaves no stone unturned and no piece of red velvet cake uneaten.

## **Eating My Feelings: Tales of Overeating, Underperforming, and Coping with My Crazy Family Details**

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# **From Reader Review Eating My Feelings: Tales of Overeating, Underperforming, and Coping with My Crazy Family for online ebook**

## **Katy says**

I received a copy of this book from a first reads giveaway. I originally selected the book based on the title, and hoped the rest of the book was able to live up to the engaging title. Luckily, I was not disappointed. The entire book covers the life of Mark and the colorful characters and escapades that filled his life. Humor is found on every page as this gay man tries to navigate life with his crazy family, friends, relationships, and love of soap operas. The only issue I had with the book was that at times the humor came across as forced. I can easily put that aside since each chapter broached a different, witty, and unique foray into Mark's life. Overall, well written, funny, and honest.

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## **Jillyn says**

If Mark Rosenberg knows about one thing, it's messed up families and hilarious situations. Using humor, he talks about his lifelong struggle with weight, drugs, relationships and so much more with the flair and sassy attitude that only a gay man residing in New York City can deliver. *Eating My Feelings* is a collection of nonfiction essays spanning over his life, from childhood to recent years, and each one is as laugh-out-loud funny as the first.

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I didn't really know what to expect out of this book when I got it. The title (and the rainbow sprinkles) initially drew me in, since I eat my feelings and have a pretty broken family. When I found out he was gay? Even better. As a member of the LGBT community, I'm always looking to read more books from that view point. Though I wasn't sure about the essays format, I am **so** glad that I gave this book a shot.

Straight up, if you're a prude or have a problem with profanity or LGBT themes, put this book down. It's not for you. However, if you find drunken debauchery and swearing like a trucker to be part of your regular routine, welcome to the club and grab a copy. As well as being unapologetically crass and giggle-snort worthy, Mark writes with a certain type of blunt honesty that I have to adore, and that made the stories that much more real to the reader.

Stories that unless you come from such a family, seem surreal. Whether talking about his evil stepmother swindling him into a fat camp, his love of a one-eyed dog, or even preparatory blizzard binges on fast food, there's a sense of "you couldn't make that s- up."

Granted, I relate to this book in a number of ways: the pudgy childhood, the homosexuality, the yelling loud obscenities at various relatives in public. But in my opinion, this book goes beyond those connections, and can be appreciated by any girl (or fabulous man) who loves to have a good time and appreciates Chelsea Handler-esque comedy.

Thank you to Goodreads First Reads for my copy. This review can also be found on my blog, Bitches n

Prose.

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### **Roseanne Saraceno says**

I have been waiting and waiting and waiting for my new favorite author Mark Rosenberg's second book. As a fan of his first book "Blackouts and Breakdowns" as well as his blog and articles on The Huffington Post, I couldn't wait for "Eating My Feelings" to come out. Happy to say I was not disappointed. I not only felt Mark has improved as a writer, but I got more insight into his entertaining and hilarious antics. Besides being female and straight, Mark and I have so much in common...for starters, former fat TV obsessed kids of the 80s who got fit as adults and live in the Big Apple. I have to say as a New Yorker, his assessment of the tourism industry and life in Manhattan are spot on!! Every chapter was like a little adventure in of itself and I felt like Mark took me on the ride. My only complaint - I wish it was longer!

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### **Stacie says**

\* Received from Net Galley

What started out to be an amusing memoir about the author's formative years ended with me feeling disappointed. I thought Rosenberg and I would be BFF's by the end of the book but instead I was left feeling like a quickie relationship gone wrong. I'm not sure what let me down but I guess I expected more about the author's relationship with food. There were plenty of laugh out loud moments but overall I feel meh about the book as a whole. I'd still like to go get brunch with him though!

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### **Excalibur Snape says**

I'm a sucker for interesting covers and titles (food is just a bonus) this book has that and more. I thought that this book was just going to be the same old self help book but it turned out to be much much more.

it is a novel and a damn funny one.

It had me laughing my damn ass off and that's a lot of ass.

I highly recommend this book.

This book is for mature readers only.

Questionable subject matters and mature language.

This book is worth a gazillion reads.

Good book to read if you are in a reading slump.

It is a fun and entertaining read.

it's bloody amazing and I love it.

Just can't say enough about it.

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### **Sue-Ellen says**

I had never heard of this author before but am so glad to have read this book. Every chapter of this book was

a great and honest story of a time in Mark's life. I have never laughed so much or related to someone's stories of food issues like this book.

I love reading a book that is not only honest but also well written and that is exactly what you will get with this book.

Thanks to Net Galley for the opportunity to read this book before it comes out. Trust me this is one book you definitely want to add to your summer reads list!

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### **Rebecca Jo says**

"I've had more ups & down with my weight then Oprah"

I received this book to review from Amazon. By the title, I knew it would be funny & I knew it would be about weight loss.. I was half way wrong on both accounts.

It did have funny parts, but was so overwhelming shadowed by the language... call me a prude... & the weight loss part wasn't really that much a story of his weight loss. Yeah, he was a chubby kid, but after one summer at 'fat camp' his dad tricked him into going, his weight stayed down. Yeah - he had issues with food, but the story is more about his life as a gay man in New York...

Not the type of book I was planning on reading.

& again, I did find parts funny... but then some parts, I was like "They can say that in a book & not have anyone call them racist?"...

I found myself shaking my head & just saying, "This guy is screwed up" more then anything... it canceled the funny out for me.

Glad I got this one for free...

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### **Kristin McPhillips says**

This is like the Taylor Swift of books--page out of his adolescent diary. Instead of being like a memoir of him looking back through nuanced, adult-ish eyes It's like he actually wrote these stories when he was fifteen. On one hand it's somewhat poorly written and full of cliches and he definitely thinks he is much funnier and more original than he is, and on the other hand, I just like it. I think it's an age thing-- I am also of the clueless generation and I like revisiting the cultural references from my adolescence. Junk food for the soul

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### **Debra says**

Received from GoodReads first reads giveaway.

4.5 stars

This book was fantastic. It was laugh out loud funny. I loved the writing style. The writing was not only top notch, but it was hilarious, sarcastic, witty, intelligent, and I did not want it to end. I highly recommend this book. It is a great summer read. Heck, it is a great read any time of the year. I especially loved the beginning of the book. Mark was an overweight kid with a Jewish father and Christian Mother who divorced while he was a child. Enter Stage left - the evil step Mother. I loved their interactions and how they were catty with each other. Mark endures being sent to "fat camp", being bribed with a party and vacation if he embraces his Jewish roots, being paid to lose weight, etc. during his childhood. He transitions into his adulthood and we see him making his way, having formed various relationships - relationships with roommates, friends, dates, possible dates, lovers, one eyed dogs, Tony Horton (okay really P90X) and of course, food.

As I said before, this was a fantastic book (can I call it a Memoir?) I highly recommend it!

See more of my reviews at [www.openbookpost.com](http://www.openbookpost.com)

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### **Pam ?Because Someone Must Be a Thorn? Tee says**

I'm a xenophile. I love to skip out of my own life and peek into the lives of other folks. I like reading about mountain climbers, and spelunkers, and... well, explorers and everyday folk.

Consequently I found Mark Rosenberg's book pretty interesting. He gave me a look not only into the life of a gay dude, but a look into his own psychology, his own mind (as interpreted by his own mind, of course).

Now I requested EATING MY FEELINGS because a reading-buddy told me it was hysterical. And perhaps it is for other folk. I found it interesting, but depressing. It doesn't make me happy to see other people's screwed up families, and it doesn't make me happy to see other people struggle so hard to be happy. So like I said: interesting, but not ha-ha funny... except for a few times.

The book is basically a look at Rosenberg's struggle to put some distance between his family and himself; and to get where he wants to be health-wise, and to find what we all want, a good life partner.

Cursing: expect the f-bomb every page; and more

Sexual content: Yep

Humor:: yes

Writing (poor/good/amazing): good

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### **Teena in Toronto says**

I'd never heard of Mark Brennan Rosenberg so didn't know what to expect ... I've since discovered that this is his second book and he blogs at the Huffington Post.

The title of this book had caught my eye ... and I'm glad it did because I really enjoyed it!

Mark is the son of a Jewish dad and a Christian mom (his dad has been married four times and Mark's mom was his second wife). Mark was an overweight gay kid who liked nothing better than to sit on the couch, pig out and watch soap operas.

Each chapter is a story from his life such as:

\* Choose Your Religion - As an enticement to embrace his Jewish roots, his dad and stepmother try to bribe Mark with a party (bar mitzvah) and vacation. It works with his brother, Kevin, but not Mark once he realizes how much work it will be (he has to learn Hebrew).

\* Heavyweights - His dad and evil stepmother send Mark to a "basketball" camp (it was really a fat camp) one summer so he'd lose weight rather than the theatre camp he wanted to go to.

\* The Fifty Dollar Diet - His dad and evil stepmother bribe Mark to lose weight by promising him \$50 for every ten pounds he loses.

\* All Shook Up and the Flyer Boy Follies - His experiences handing out flyers for half-price theatre tickets.

\* Tuesdays with Ricky - Mark hires a personal trainer, Ricky.

\* The P90X-Files - Mark's experience with this intense workout program.

I thought this book was really hilarious. I liked the writing style ... Mark is very sarcastic and funny. I bet he would be a hoot to hang out with. The language and activity are quite explicit and for mature readers ... words that rhyme with "hunt", "duck", "mothertrucker", etc. are used quite often.

I would recommend this book and look forward to reading more by this author.

Blog review post: <http://www.teenaintoronto.com/2013/05...>

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### **Laura Beth says**

HILARIOUS! \*\*I received a complimentary copy of this book in exchange for a fair & honest review.\*\*

I got this book in the mail yesterday and devoured it (haha) in a few hours. Mark recounts his childhood of the 80s & 90s, which was heavily influenced by Dynasty & Erica Kane, and his childhood traumas. Traumas include an evil stepmother (What happened to her??? What happened the night of the knife stabbing????), religious guilt (1/2 Jewish & 1/2 Catholic), theater camp ---> basketball camp aka fat camp courtesy of the evil stepmother, questionable sexual experiences thanks to Chili's and a healthy relationship with food. It leads up through present day complete with a job in NYC, P90X workouts, and Grindr experiences. I loved his running monologue as it was mostly pure sarcasm. He says what everyone else is thinking. I don't want to give too much of the book away but I highly recommend reading it. You won't regret it!

The only two things I don't get are: Dynasty over Dallas and AMC over DOOL. Oh well. No one's perfect.

He has another book which I'm planning to read. If you like this book, you'll probably enjoy Andy Cohen's book and vice versa. If for no other reason then the candidly honest voice both are written in and this strange love for Erica Kane/Susan Lucci. (J/K from a DOOL fan.)

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## **Giggle Snort says**

*"I will always be a fat kid at heart, no matter how skinny I become."*

I had never heard of Mark Rosenberg and if I'm honest, it was the cover and title that grabbed my attention more than anything, and I can say with certainty it was a pleasant turn of events.

With a Catholic mother and Jewish father, it was always going to be an interesting for Mark Rosenberg. Add in a sprinkle of gay along with a good splash of smart-ass and you have yourselves one hell of a hilarious rollercoaster.

*When you mix Irish Catholic and Jewish, you have one drunk, guilty household on your hands.*

‘Eating My Feelings’ is a light-hearted and funny account of a gay fat kid growing up in D.C in a somewhat dysfunctional family, and coping with weight issues along with the whole ‘gay thing’.

*"I've had more ups and downs with my weight than Oprah. Unlike Oprah, however, no one really gives a shit. I've never carted all of my fat onto a soundstage in a wheelbarrow. There have been no cameras following me around while I hike my fat, black ass up forty flights of stairs. I've had my issues with food, by America was not watching, until now."*

With an intro like that and an author who describes himself as a whiter, skinnier, gayer version of Oprah you are pretty much guaranteed a read full of snark, sarcasm and shenanigans. And Mark doesn't disappoint.

### **High points:**

Following his parents' divorce and his father remarrying Stacy (the Jewish whore), Mark was asked if he would like a Bar Mitzvah and vacation. Great idea...until he realised what it entailed and turned it down as he thought learning Hebrew was too much effort. It worked on his brother, Kevin, though who Mark refers to ‘the jew’ for the rest of the chapter and further through the book.

*I was already thirteen, was a borderline racist, and had a mouth on like a sailor that could preclude me from ever setting foot in a temple.*

A while later Mark goes away to camp but it severely disappointed when it's not the theater one he'd dreamed, but basketball camp (which he is sure is fat camp). His fears are realised after his attempt at blackmail and dirty protest fail and he ends up on the other side with the rest of the fat kids, trying to do push-ups in what is disturbingly like sewerage leaking from the camp toilets.

*The mud was sticking to my shoe and with each jump I made, the muddier my shoe became. I also couldn't help but notice it smelled like my bathroom the day after I realized I had irritable bowel syndrome.*

As Mark hit highschool and shed a lot of the weight (some due to the fifty dollar diet he agreed to with his

father), it was time for him to explore the opposite sex. With zero interest in vagina's but not willing to tell everyone just yet, 'Blowjob Betty' seemed like the perfect way to get what every other guy at school seemed to be having. He got his first blowey behind 'Chilli's and all was going well until Betty wanted something in return...

*"GODDAMN IT!" she yelled. "I just gave you a blow job. Now give me one."*

*I didn't know what to do, so I did the only thing that came to mind. I threw up all over Betty.*

### **Overall:**

A very amusing read and definitely one for the beach or back garden on a sunny day. With his colourful use of the English language (many words used that rhyme with 'hun', 'duck', and 'mothertrucker') and inimitable humour and writing style, Mark really entertains readers as he regails his childhood and early teen exploits.

However, as it progresses and focuses on him living in NYC, being skinny and obsessed with a workout DVD, it seems to lose focus slightly and what is hilarious coming from a 13 year old boy just doesn't have the same impact from a 27 year old man.

A definite 5 star rating until he reaches adulthood, but unfortunately drops a star when the storyline shifts.

### **Reviewed by Jo**

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#### **Darla says**

I received a complimentary copy of this book in a Goodreads giveaway in exchange for a fair and honest review.

I really wanted to like this book more than I did. And I really want to give it a better review than I am about to. It was enjoyable enough to keep reading, but it just wasn't as funny as I was promised that it would be. Sure, I cracked a smile here and there, but I didn't LOL and I was led to believe that this would definitely happen. I mean, I don't want my money back or anything. Oh, wait, scratch that. I'm grateful for the gift of a book hot-off-the-presses, but I just wanted it to be something that it is not. This is not David Sedaris or Augusten Burroughs, but is more the catty gay boy from your club-hopping days in your 20s who had a quick wit, an appreciation for his own good looks that he worked very hard for, and was charming enough that you enjoyed hanging out with him, but who just couldn't catch a break and couldn't figure out why. I guess you can take the kid out of fat camp, but he's still going to end up doing a push-up in shit once in awhile. Now will someone please put him out of his misery and tell him why he still doesn't have a boyfriend???

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#### **Christina says**

I loved this easy, breezy book from the introduction. My future BFF (a current writer for The Huffington Post) spoke of his love of Clueless, Britney Spears, Melrose Place, Erica Cane, In Living Color, and well,

food. He was an overweight child with a weird family dynamic and turned some of his strange and sometimes sad situations into hilarious stories. The second half of his book focused more on stories of living in NYC, searching for a boyfriend, and staying in shape. I really loved his snark, crass, and ability to laugh at himself. I need to pick up his first book, *Blackouts and Breakdowns* now!

I received this book from NetGalley for review purposes.

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