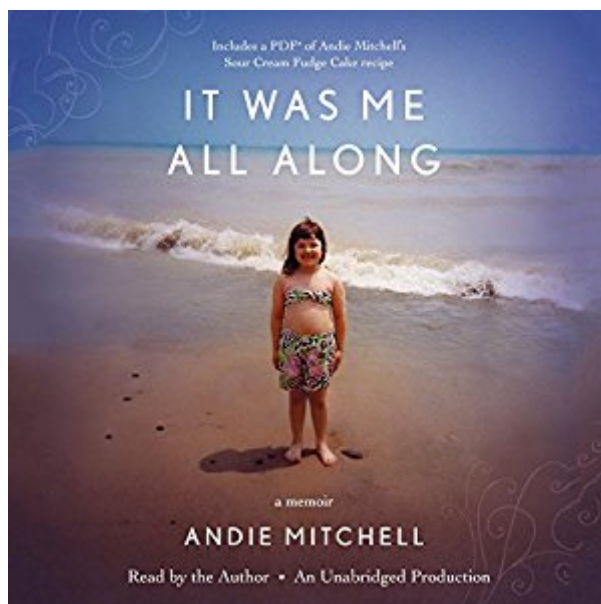


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# It Was Me All Along: A Memoir



## Synopsis

A heartbreakingly honest, endearing memoir of incredible weight loss by a young food blogger who battles body image issues and overcomes food addiction to find self-acceptance. All her life, Andie Mitchell had eaten lustily and mindlessly. Food was her babysitter, her best friend, her confidant, and it provided a refuge from her fractured family. But when she stepped on the scale on her 20th birthday and it registered a shocking 268 pounds, she knew she had to change the way she thought about food and herself; that her life was at stake. *It Was Me All Along* takes Andie from working class Boston to the romantic streets of Rome, from morbidly obese to half her size, from seeking comfort in anything that came cream-filled and two-to-a-pack to finding balance in exquisite (but modest) bowls of handmade pasta. This story is about much more than a woman who loves food and abhors her body. It is about someone who made changes when her situation seemed too far gone and how she discovered balance in an off-kilter world. More than anything, though, it is the story of her finding beauty in acceptance and learning to love all parts of herself.

## Book Information

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## Customer Reviews

Be forewarned, this is not a light-hearted account of weight loss. Andie Mitchell is a beautiful writer, but make no mistake, her story is heart-wrenching, painful and intense. I sort of regard this book as an addition to Mitchell's blog. It starts with her youth and the foundation of her eating disorder.

Mitchell doesn't have the famous bulimia or anorexia, she has what is defined as a miscellaneous eating disorder - essentially, she has an unhealthy relationship with food. In fact, her therapist tells

her, she has never learned what a healthy food relationship looks like. And that is Mitchell's journey in "It Was Me All Along - learning how to eat normally. Once the book emerges out of Mitchell's youth and into her adult disordered eating, things start to fly by, and this is where it starts to blend in with Mitchell's blog. Essentially, Mitchell loses a lot of weight and in order to keep it off without living a monkish existence, she learns to see food not in terms of good or bad, right or wrong, but just as food. Something to be enjoyed and something to sustain life without all of the awful adornments that society ties food down with. I felt like Mitchell could spend more time on her journey from thin-and-disordered to thin-and-healthy, because her emotional journey is so interesting, but alas, the pages just fly by. It's for the best, really, that much emotion can start to feel heavy. If you suffer from disordered eating or have in the past, or know someone who has, this is a beautiful memoir that will enlighten you, challenge you and give you hope. Beautifully written, achingly poignant, charming throughout, this isn't a guide or a how-to and it isn't a diet book. But that's the point of learning to eat normally, isn't it?

Most memoirs are written by people with many more years under their belts than 29-year-old Andie Mitchell. But Andie has experienced so much in her life so far that this memoir is packed with interesting insights on weight loss and life in general. I love her writing style and her sometimes heartbreaking honesty about her struggle with her weight and how she lost 133 pounds. This isn't a diet book. She doesn't give instructions on how many calories to eat in order to lose weight, or even what to eat. She tells her own story and the struggles she went through and the important things she learned on her journey. In doing so, I think this is probably one of the most enlightening books on weight loss that I have read. (And I've read like a gazillion diet books over the years!) Andie Mitchell has a way of writing that is very open and accessible. She bares her soul, so to speak, and doesn't hold back. There were a lot of "Aha!" moments in this book, where the things she writes about really connected with things I've experienced in my relationship with food but haven't been able to put into words. I have about 20 pounds to lose, but they are the same 20 pounds that I've lost over and over again over the years. I think Andie's book may just be the inspiration I need to get them off once and for all. Andie has a blog which I've discovered by reading this book called [canyoustayfordinner](#) which I will be following for the recipes and her upbeat attitude toward food. She writes about her weight loss on her blog but there is much, much more about it in this book. I also have to add that her mom, who she writes about in her book, sounds like the most unconditionally loving mom, and truly the wind beneath her wings. I loved this book.

Andie Mitchell is the blogger and recipe developer behind *Can You Stay for Dinner?* and now author of *It Was Me All Along*. This memoir is a tribute to her life and takes us from her childhood days where she developed her love for food and into her adulthood where she learns to make changes in her everyday eating habits all while learning to love herself and losing 135 pounds. Reading Andie's book has brought back many memories for me and I'm sure if you have ever struggled with your weight you will feel right at home with Andie's book. Andie's accomplishment of losing 135 pounds and maintaining that loss is the kind of story that inspires us all to set our goals and achieve them by taking it one day at a time. I felt like I was right there with her throughout the entire book. She has a powerful writing skill that keeps you entwined in her story. I literally did not want to put the book down until I finished it. This book spoke to me in ways I can't express. Andie shared intimate details of her life and love of food in this memoir. I'm very impressed with Andie's courage to share her story. She's blunt and honest about her feelings and you definitely see her emotions escalating all throughout the book. She is an inspiration to me and I'm so glad to finally own this book as it will help me on my journey. I received this book courtesy of Blogging for Books in exchange for my review. All thoughts and opinions expressed here are my own.

I follow Andie's blog, mostly for her writing style, nice photography, and good-looking recipes (although I've never tried them). I, like many other women, have some body issues, but I've never been overweight or had disordered eating... that being said, Andie's struggle with food resonated with me, and a lot of what she says about it rings true in my own life experience. She is a good writer, certainly. But here are my issues with the book: 1) I think it's odd for someone who is 28 (or so) years old to be writing a memoir. What happens when she's 38 years old, 48, etc, and has had more life experiences and has matured more? Memoir part 2? I guess there's nothing wrong with it, but it's odd to me. 2) the food descriptions were at times overbearing. I get it, doughnuts are delicious, french fries are heavenly... but sometimes the overly wordy descriptions were distracting. I understand why she does that- to demonstrate how important food is to her, and this descriptive style gets the point across, but it was too much. 3) so many moments where she describes what's going on in her life... getting voted prom queen while being quite overweight, meeting Leo DiCaprio, working on movie sets, having a wonderful mother who paid \$15000 for plastic surgery after the weight loss, a loyal boyfriend who put up with WAY too much in my opinion (packing up and moving on Andie's every whim)... and yet she is still feeling like a victim. People around her have enabled her all her life, and I wished she had gone into that more, and maybe the reasons for that. (Surely she talked about that with her therapist). Sadly, my opinion on Andie declined after reading this, and

she came across to me as an incredibly selfish brat in this book. She's a good, but not a great, writer. But, I found this book overall lacking in substance and showcased the author as a child who always gets what she wants from the people around her.

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