

# [PDF] Born Round: The Secret History Of A Full-Time Eater (Thorndike Biography)

**Frank Bruni - pdf download free book**

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## Books Details:

Title: Born Round: The Secret Histor

Author: Frank Bruni

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## **Description:**

How a man with a lifelong battle of the bulge landed the job as the restaurant critic for the *New York Times*, the most influential job in the food world, is only half the story (more like a third, really) in Frank Bruni's brave, brutally honest, often hilarious, and truly endearing memoir, *Born Round: The Secret History of a Full-Time Eater*.

Bruni struggled with over-eating since he was a boy growing up in a food-focused family in White Plains, NY. From adolescence through adulthood, Bruni was on the losing side of maintaining a healthy relationship with food, and eventually his inability to control his hunger--manifested in bulimia, convenience store binges, and bouts of sleep eating--defined his life. There aren't many

books out there dealing with what it's like to be a man with an eating disorder. While Bruni's story is peppered with humor, his disgust at himself as he yo-yo's up to size 42 khakis at the Gap and endures years-long patches of celibacy leaves the reader aching in empathy.

Self-doubt about his appearance causes him to sabotage any chances at happiness as he makes lame excuses to postpone dates in the hopes that he'll drop those few extra pounds before he might have to reveal himself. And throughout the book he's banking on being slimmer in the future--whether it's a few days, weeks, or months--and sacrifices truly appreciating the present, even when he's holding prestigious jobs at Newsweek and the *New York Times*.

*"I was in retreat, my weight a reason not to reach out or take risks. I'd deal with my love life once I got thinner.... Fatness simplified life and lessened the stakes. It put life on hiatus, making the present a larded limbo between a past normalcy and a future one. It argued against bold initiatives.... But while I wasn't trying to make things happen, they nonetheless happened to me."* There's a very funny account of how he worked with a photographer friend to digitally manipulate his author photo for in an attempt "to transform the round into the oblong, chubby into chiseled, gone-to-seed to come-to-Papa." When he saw the results of the final photo (the one that would be taped behind the reservation stand of many New York restaurants) his friend wondered: "When was the last time anyone at the publishing house saw you?"

And when he gets the tap to become restaurant critic and leaves his gig as the *Times*'s Rome bureau chief, he begins a preparatory world-tour of eating research before entering an exhausting career of eating out seven nights a week, juggling multiple dining identities (with matching AmEx cards), and becoming one of "the most loved and hated tastemakers in New York." --*Brad Thomas Parsons* --This text refers to an out of print or unavailable edition of this title.

**From Publishers Weekly** Starred Review. More the gourmand than the gourmet, former *New York Times* food critic Bruni takes us through his love/hate relationship with food and catalogues everyone who ever fed him and what they served, every diet he went on and his fraught—even dangerous—relationship with food in this excellent memoir. Bruni is a talented reader with an intelligent voice, a perfect pace, impish humor and a contagious passion for his topic. Dieters may crumble under the weight of so many lavish descriptions of luscious treats, but Bruni's frank depiction of his eating disorders and his charismatic delivery make for memorable listening. A *Penguin Press hardcover (Reviews, July 6). (Sept.)*

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