



# My Confection: Odyssey of a Sugar Addict

*Lisa Kotin*

Download now

Read Online →

[Click here](#) if your download doesn't start automatically

# My Confection: Odyssey of a Sugar Addict

*Lisa Kotin*

**My Confection: Odyssey of a Sugar Addict** Lisa Kotin

**A funny, candid, and original coming-of-age story told through sugar addiction**

She doesn't drink or do drugs, but like millions of other Americans, Lisa Kotin has a substance abuse problem. Kotin is addicted to sugar. *My Confection* is a darkly funny and candid memoir of where sugar took this teenage mime when she left her San Francisco Bay Area home in pursuit of artistic greatness. From the strict macrobiotic house where she is kicked out for smuggling Snickers, to her early days of Overeaters Anonymous meetings where she is bewildered by the idea of submitting to a higher power, to the stylish shrink who suggests she figure out how many minutes of tennis equal the calories in one jelly donut, to the men she unwraps and consumes like cheap chocolate bars, Kotin careens from romantic disasters to caloric catastrophes. Original and surprisingly affecting, this portrait of a sugar addict has nothing to do with losing weight or getting fit but rather with coming out of the (sugar) closet, finding allies who understand, and learning how to live healthfully, in spite of her compulsion.

*From the Trade Paperback edition.*

 [Download My Confection: Odyssey of a Sugar Addict ...pdf](#)

 [Read Online My Confection: Odyssey of a Sugar Addict ...pdf](#)

**Download and Read Free Online My Confection: Odyssey of a Sugar Addict Lisa Kotin**

---

## **Download and Read Free Online My Confection: Odyssey of a Sugar Addict Lisa Kotin**

---

### **From reader reviews:**

#### **Shawn Francis:**

Reading can called mind hangout, why? Because if you find yourself reading a book mainly book entitled My Confection: Odyssey of a Sugar Addict your thoughts will drift away trough every dimension, wandering in most aspect that maybe unfamiliar for but surely might be your mind friends. Imaging every single word written in a guide then become one contact form conclusion and explanation which maybe you never get prior to. The My Confection: Odyssey of a Sugar Addict giving you yet another experience more than blown away the mind but also giving you useful details for your better life in this era. So now let us demonstrate the relaxing pattern at this point is your body and mind will be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary spending spare time activity?

#### **Irene Weinstein:**

My Confection: Odyssey of a Sugar Addict can be one of your nice books that are good idea. We all recommend that straight away because this e-book has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The copy writer giving his/her effort to place every word into delight arrangement in writing My Confection: Odyssey of a Sugar Addict yet doesn't forget the main point, giving the reader the hottest in addition to based confirm resource information that maybe you can be considered one of it. This great information may drawn you into new stage of crucial pondering.

#### **Michele Stoney:**

You will get this My Confection: Odyssey of a Sugar Addict by look at the bookstore or Mall. Just simply viewing or reviewing it may to be your solve challenge if you get difficulties on your knowledge. Kinds of this e-book are various. Not only through written or printed but additionally can you enjoy this book by e-book. In the modern era just like now, you just looking of your mobile phone and searching what your problem. Right now, choose your personal ways to get more information about your e-book. It is most important to arrange you to ultimately make your knowledge are still up-date. Let's try to choose suitable ways for you.

#### **Jeff Keenan:**

What is your hobby? Have you heard that will question when you got learners? We believe that that problem was given by teacher on their students. Many kinds of hobby, Everybody has different hobby. And also you know that little person just like reading or as looking at become their hobby. You must know that reading is very important in addition to book as to be the matter. Book is important thing to increase you knowledge, except your current teacher or lecturer. You discover good news or update regarding something by book. Different categories of books that can you take to be your object. One of them is My Confection: Odyssey of a Sugar Addict.

**Download and Read Online My Confection: Odyssey of a Sugar Addict Lisa Kotin #OD80UH2KG3M**

## **Read My Confection: Odyssey of a Sugar Addict by Lisa Kotin for online ebook**

My Confection: Odyssey of a Sugar Addict by Lisa Kotin Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read My Confection: Odyssey of a Sugar Addict by Lisa Kotin books to read online.

### **Online My Confection: Odyssey of a Sugar Addict by Lisa Kotin ebook PDF download**

**My Confection: Odyssey of a Sugar Addict by Lisa Kotin Doc**

**My Confection: Odyssey of a Sugar Addict by Lisa Kotin Mobipocket**

**My Confection: Odyssey of a Sugar Addict by Lisa Kotin EPub**

**My Confection: Odyssey of a Sugar Addict by Lisa Kotin Ebook online**

**My Confection: Odyssey of a Sugar Addict by Lisa Kotin Ebook PDF**