



Eating My Words: An Appetite for Life

Mimi Sheraton

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As one of the country's foremost restaurant reviewers, Mimi Sheraton set the standard for food writing and criticism. In this engrossing memoir, the doyenne of food criticism explains how she developed her passion for writing about food and wine, sharing the secrets of her career, including her years at the *New York Times*. Witty and honest, she talks openly about the importance of anonymity, her battle with weight, and the demands of juggling work with the needs of a husband and son. From fine dining to lunch in New York City public schools, Mimi Sheraton gives readers the big dish on a life in food.

Eating My Words: An Appetite for Life Details

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Author : Mimi Sheraton

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Sandy says

I found this on a remains table for less than \$4 for the hardback and didn't have very high expectations, but the writing is done well and the subject matter is entertaining. If you're a foodie you'll appreciate it, most likely.

xq says

Really enjoyed reading this, not just for the food critic parts, but bc Ms Sheraton also touches on the innerworkings of the journalism industry and state of the food critic in NY at that time, as well as highlights some neat projects she worked on (think about food in schools, prisons and on airplanes...).

Erin says

Loved this book! Aside from biographical tales of a famous food writer, it includes a glimpse into life in 1940's and 50's Manhattan, as well as a surprising chapter on institutional-scale food. My favorite part is her categorization of dining companions: everything from the apologizers ("Oh I didn't have breakfast or lunch today, so I can eat this piece of bread.") to the gluttons ("Would it be all right if I ordered a second entree? The steak didn't fill me up."). Hilarious!

Rosa says

Sheraton isn't the most compelling or talented writer, but she manages to hold your attention in this memoir of her interesting life. There's less about her stint as the restaurant critic of the New York Times than expected, but there's more to Sheraton than that one job. Sheraton's memoir of her unique professional life makes for a good read.

Niya says

Sheraton's memoir is a pleasant enough read, but it feels like a defense to justify a career of travelling and eating - because those things are so enjoyable that they cannot truly be considered work. I'm not sure if this is informed by a puritanical approach to life (which seems unlikely) or if it's a broader phenomenon that afflicts restaurant reviewers who ate and traveled between 1980-2000. It may ultimately have to do with the fact that Sheraton is a writer who hates to write and claims only to do it because it facilitates her eating and travelling...

There are no real insights here, nothing earth shattering in terms of awareness or trade secrets or insights into journalism or food writing - but it's not an unpleasant reading experience on the whole.

BJ says

This was a nonfiction account of Mimi's life as a food writer. It was a little too dry for my taste. Although I love foodie-type books, this one was just meh!

Danielle McClellan says

Mimi Sheraton's memoir is fun to read and really places you in the New York of an earlier time. I enjoyed the book, but would not place it in the top tier of food writer memoirs. Ruth Reichl is just much more fun.

Celeste Thayer says

I love memoirs anyhow, but I really love Mimi's. She's got a great vocabulary and has lived an interesting life. She doesn't follow the "I was born, I did this, and now I'm doing this," timeline, which is interesting and perhaps more inviting. She seems to organize her stories somewhat topically, and of course it's always about her travels and love of food and cooking.

By the way, she's been all over, and eaten everything along the way! I loved her descriptions of food in Sweden and Thailand, and her trips to everywhere, including multiple to Cairo (which I hated when I was there, so it was good to read a fresh opinion on the place.)

Kayo says

Wanted to like this more. A bit boring.

Alix says

One of our faculty members was cleaning out his shelves and gave me this. He knows I love food! I did enjoy the accounts of restaurant reviewing (will she be recognized or not? What strategies does she employ to catch them out?) and the accounts of traveling to discover unfamiliar foods. But this is set in a different place and time (New York, years ago) and so the name dropping that might have titillated me bored me instead. If you are a NY restaurant groupie, you will no doubt enjoy this more than I did.

Chantal Soeters says

Accidentally picked up this book as I found it on a table in a local cafe. As a foodie the title appealed to me and I was quite happy to discover it's a memoir of one of the first female food critics in NY sharing her insider stories of the restaurant business, her love for food, her travels, her criteria for 'rating' food and what's

it like to be respected but also despised for her role as a food critic.

Nancy says

loved it, and I'm not even a foodie. It's fascinating to hear about how she tried to stay anonymous when she was the NY Times restaurant reviewer... and her insider's perspective on the restaurant business. At the times, she replaced John Canaday, an art critic who wrote some of the best mysteries of the postwar period under the name Matthew Head.

Anita Smith says

Got about 3/4 of the way and put it aside. It just got kind of boring. I'm not a gourmet eater by any means so I eventually lost interest in the descriptions and preparation styles of foods I've never heard of and probably will never try, like, I don't know, braised calf tongues prepared with ten spices I've never heard of. It's not her fault I'm uncultured, though, and she's a good writer (very amusing and fun), and so take my opinion with a grain of salt, no pun intended.

Heather says

I enjoy reading all things food and Mimi had some quite funny moments in this book. I also liked her pluck and candor. With that being said, I found some of the chapters to be a bit heavy handed and found myself skimming through them.

Megan says

I can't say that this book was exceptionally well-written, but it was fairly entertaining, and an ok read. I wouldn't read it again, though. If you really want an excellent food critic memoir, read anything by Ruth Reichl. Amazing!
