



Apron Anxiety: My Messy Affairs In and Out of the Kitchen

Alyssa Shelasky

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“Hot sex, looking good, scoring journalistic triumphs . . . nothing made Alyssa love herself enough until she learned to cook. There's a racy plot and a surprising moral in this intimate and delicious book.”

--Gael Greene, creator of *Insatiable-Critic.com* and author of *Insatiable: Tales from a Life of Delicious Excess*

Apron Anxiety is the hilarious and heartfelt memoir of quintessential city girl Alyssa Shelasky and her crazy, complicated love affair with...the kitchen.

Three months into a relationship with her TV-chef crush, celebrity journalist Alyssa Shelasky left her highly social life in New York City to live with him in D.C. But what followed was no fairy tale: Chef hours are tough on a relationship. Surrounded by foodies yet unable to make a cup of tea, she was displaced and discouraged. Motivated at first by self-preservation rather than culinary passion, Shelasky embarked on a journey to master the kitchen.

This is a memoir (with recipes) about learning to cook, the ups and downs of love, and entering the world of food full throttle. Readers will delight in her infectious voice as she dishes on everything from the sexy chef scene to the unexpected inner calm of tying on an apron.

From the Trade Paperback edition.

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