



Chocolate, Please: My Adventures in Food, Fat, and Freaks

By Lisa Lampanelli

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Lisa Lampanelli, who Howard Stern calls “a true original and a brilliant comedy mind,” reveals all in *Chocolate, Please*, a jaw-droppingly hilarious, politically incorrect memoir on everything from relationships, food, and fat to why once you go black, you never go back. The gutter-mouthed, Grammy-nominated comedienne happily dishes on nearly everything—from why all white women should date black men to the virtues of codependency to how to turn a stick of butter into parental love and attention—delightedly skewering all topics with equal fervor, herself included.

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Chocolate, Please: My Adventures in Food, Fat, and Freaks By Lisa Lampanelli Bibliography

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Editorial Review

Amazon.com Review

Book Description

An inside look at the life of Comedy's Lovable Queen of Mean, Lisa Lampanelli, as she dishes on everything from relationships, food, and fat to why once you go black, you never go back

In her jaw-droppingly hilarious and politically incorrect memoir, Lisa reveals all—including the dysfunctional childhood that made her the insult comic she is today, the subject for which she's best known (black men, black men, and more black men), and her hilarious struggles with her addiction to food and hot guys. By telling her story in her very real, very candid, very open way, Lisa shows her audience that it's okay to be yourself, even if it's just one rehab stint at a time. Lisa also takes readers behind the scenes at the roasts that have marked her comedy career and launched her into the comedy elite, and reveals the important "firsts" in her career, including her first time on her hero's program, *The Howard Stern Show*.

Chocolate, Please is a side-splittingly funny portrait of the woman behind the award-winning insult comedy.

Lisa Lampanelli's Rules to Live By

Husbands and Other Useless Entities in the Delivery Room

Recently, it has become popular to turn the delivery room into a cocktail party with guests enjoying snacks and breezy conversation while Mom is getting tortured. They think it's going to be fun to watch until they spend some time there. Every type of bodily function is on display and coming at you in 3-D. It's like a Gallagher concert, except it's entertaining.

Passing Down the Family Name

People feel the need to pass on their entire name to their offspring, as if the last name ain't bad enough. Why give the kid both names? It's a well-known fact that nobody likes sequels.

Family Trees/Genealogy

Family trees only matter if you're betting on a horse or want to be a made member of the mob. Everyone's family tree starts with a monkey and ends in disappointment.

Sibling Rivalry

Sibling rivalry is the oldest psychological affliction known to man. It's the reason Cain killed Abel. Their mom, Eve, liked Abel more.

Italian Families vs. Normal Families

Italian families are different from normal families. And by "normal," I mean WASP families. There are many reasons for these differences. The first is volume. Italians whispering is screaming to a WASP.

Family Vacations

The term "family vacation" is an oxymoron. If you're stuck with your family, it ain't no vacation. We should call family vacations what they are: "Countdown to Dad's public tantrum."

Interventions

Interventions are a great way to lose a friend. That is because people don't want to hear the truth about themselves. Addicts know they have a problem. Interventions are as bad as telling someone her boyfriend is cheating on her. Let her find out on her own. Remember: They always shoot the messenger.

Texting While on Dates

Texting on a date is completely inappropriate unless it's a blind date, and by "blind date," I mean the other person is blind. What could be more important on a date with me than me?

From Publishers Weekly

Only a few pages into the first chapter, the reader becomes aware that the title does not indicate a collection of dessert recipes but instead refers to comedian Lampanelli's past experiences having sex with black men, which she recalls as her chocolate diet: As I lost more than 60 pounds, I ran an Underground Railroad through my apartment. After more than 30 pages on her search for the perfect black man, Lampanelli moves on to outline her standup career, from handling hecklers to doing the *Tonight Show*. Her breakthrough came with a 2002 Friars Club roast of Chevy Chase, and since then, as an insult comic, she has become a familiar face at numerous roasts, billing herself as Comedy's Lovable Queen of Mean. Seeking the roots of her humor, she recalls her childhood as an attention whore: Eating to get attention is a behavior that I continued into my high school days. She follows her memories of fat rehab with a variety of topics, from the Virgin Mary to vegans. Much is quite funny, and Lampanelli never pulls her punches. Despite her raw language and raucous writing, honest reflections and stark self-insights emerge as she probes her past. (*Sept.*)

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Review

"Lisa is the most outrageous comic we have ever had on the Tonight Show." (Jay Leno)

"Jesus--this book is filthy." (Sarah Silverman)

"Lisa can tie me down to a bed any time!" (LL Cool J)

"Every generation has a female comic that destroys the conventional wisdom that only men can be raunchy and funny. Lisa Lampanelli is this generation's choice." (Carlos Mencia)

Users Review

From reader reviews:

Jerry Linton:

Nowadays reading books be a little more than want or need but also get a life style. This reading addiction give you lot of advantages. The huge benefits you got of course the knowledge even the information inside the book which improve your knowledge and information. The info you get based on what kind of reserve you read, if you want drive more knowledge just go with knowledge books but if you want feel happy read one along with theme for entertaining such as comic or novel. The actual Chocolate, Please: My Adventures in Food, Fat, and Freaks is kind of publication which is giving the reader capricious experience.

Deborah Ellefson:

A lot of people always spent all their free time to vacation or go to the outside with them family members or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that's look different you can read a book. It is really fun in your case. If you enjoy the book which you read you can spent 24 hours a day to reading a publication. The book Chocolate, Please: My Adventures in Food, Fat, and Freaks it is rather good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. In case you did not have enough space to deliver this book you can buy the e-book. You can m0ore simply to read this book from a smart phone. The price is not to cover but this book possesses high quality.

Michele Reynolds:

In this era globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. Often the book that recommended for you is Chocolate, Please: My Adventures in Food, Fat, and Freaks this e-book consist a lot of the information of the condition of this world now. This book was represented how can the world has grown up. The dialect styles that writer value to explain it is easy to understand. The particular writer made some study when he makes this book. That is why this book suited all of you.

Mary Adam:

In this era which is the greater particular person or who has ability to do something more are more valuable than other. Do you want to become certainly one of it? It is just simple strategy to have that. What you are related is just spending your time not much but quite enough to get a look at some books. One of several books in the top collection in your reading list is usually Chocolate, Please: My Adventures in Food, Fat, and Freaks. This book that is qualified as The Hungry Hills can get you closer in turning into precious person. By looking up and review this reserve you can get many advantages.

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