



# My Confection: Odyssey of a Sugar Addict

*Lisa Kotin*

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# My Confection: Odyssey of a Sugar Addict

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**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.

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