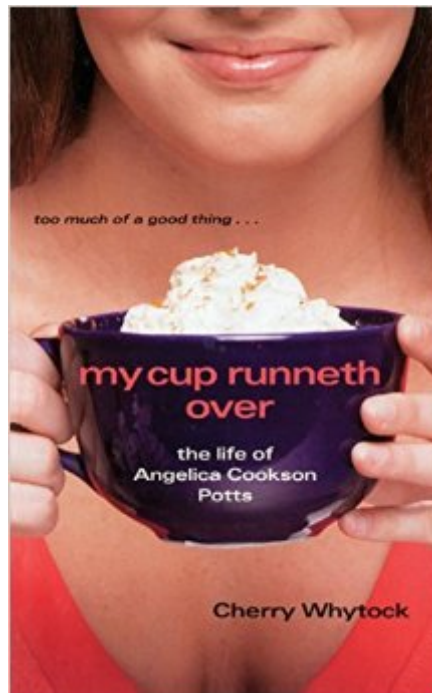


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# My Cup Runneth Over: The Life Of Angelica Cookson Potts



## Synopsis

I'm, um, LARGE. Yes, "large" just about covers it, although to be quite honest, not many things do -- cover it, I mean. Angelica Cookson Potts, better known as Angel, loves food, both cooking it and eating it, and plans to be a famous chef someday. But she thinks she's just too big -- her mother is a skinny ex-model, her best friends are all smaller than she is, and she feels like a huge, wobbly whale in comparison. In addition to food, Angel also loves Jamie Oliver (the Naked Chef) and Adam (who doesn't know she's alive). In order to get Adam's attention, she tries making major Life Changes, including a cabbage-only diet that has...well, explosive results. Through it all her best friends, Minnie, Portia, and Mercedes, are there with her, and when the school fashion show comes around, Angel discovers that her size might not be such a bad thing after all. Everyone knows an Angel, and readers will laugh out loud at her take on life. Angel's own recipes are included so that other "foodies" can cook along with her.

## Book Information

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[Humorous](#)

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

Fourteen-year-old Angelica Cookson Potts, better known as Angel, has the absolute perfect life. She has a wonderful family, even if her Father is a little embarrassing, and her Mother a bit on the bossy side. A fantastic housekeeper, Flossie, who makes utterly divine custard tarts. And a whole crew of amazing friends - Minnie, Mercedes, and Portia - who make her life absolutely wonderful.

However, Angel is also big and wobbly, and feels that she reminds people of a whale, what with all of the jigglies on her. And now with the school fashion show quickly creeping up on her, Angel decides to make a few Life Changes, even if they are a bit drastic. Like dieting non-stop. After all, it's not just for her. Adam, Angel's to-die-for crush, is sure to be at the fashion show, and while there he's sure to realize that she's the one for him. In this hilarious new series starring a British teen who's a bit-round, but filled with tons of wonderful laughter and life, readers are able to finally see life from the perspective of a girl who's a bit larger than most fictional characters. Filled with hilarious misadventures starring a pint-sized Bridget Jones', Angel is sure to become a hit with readers the world over, especially those who enjoy British Chick Lit. Accompanied with wonderful illustrations on almost every page, MY CUP RUNNETH OVER is something that absolutely cannot be missed! Erika Sorocco Book Review Columnist for The Community Bugle Newspaper

With her sagging bustline, concerns about the upcoming fashion show at school, and worries about how the Valentine's Day dance will turn out, Angelica Cookson Potts is not having a fun time being fourteen. An aspiring cook, Angel tries to solve her problems with batches of fudge and portions of "dead sophisticated tiny choux pastry puffs," but her attempts prove unsuccessful. Can she ever learn to be truly happy with herself, her life in general, and her cups that runneth over? This book definitely has its funny moments (and even a fabulous fudge recipe included). Any book that makes such excellent use of British slang ("squodged" and "wobbly bits" are among the linguistic gems) has some laugh-out-loud appeal. And "My Cup Runneth Over" is certainly the kind of breezy little read that's great when one just needs a mindless period of relaxation. (...) This book is a little like a plain old Hershey's milk chocolate bar—pretty good when you're eating it but completely forgettable when it's done. If you're a teenage girl looking for a series with punch, grab Ann Brashares' "Sisterhood of Traveling Pants" books or Meg Cabot's "Princess Diaries" set.

When I read this book I was amazed. In this book it portrays the character of a teenager, who's not the thinnest, smartest, or prettiest. But she's got an awesome personality. In the book Angelica Cookson Potts tries several diets, which lead to disasters, and failure. For you see, her mother is an ex-model who's as thin as a stick and Angelica is a little chunky. In the book she discovers she's in love with a guy who ends up to be a total slug. With a fashion show coming up she's worried out of her mind. She doesn't have to model though. She's in charge of the food and seating. When things don't turn out as planned everything changes. All through out the book you meet interesting, weird, and straight out hilarious characters. All with their own personalities. I think that was a strong part

of the book. The difference in the characters, and how they all ended up fitting together perfectly. What I didn't like was the mother's character, she's real insensitive to Angelica and that annoyed me. This book was amazing and did a good job at portraying a character of a teenager.

Angelica Cookson Potts (Angel) has one lament in life. I quote: "One night, when I was twelve, I went to bed with my teddy bear and my picture of Brad Pitt, as you do, but when I woke up... Whammo. Bosoms." But fortunately her lovely skinny friends Mercedes, Minnie, and Portia, the cook at Angel's house, Flossie, and the family terrier, Stinker, are there to help her out. Yet Angel still finds it hard to live up to her parents' expectations. Her mother, a skinny ex-model, "has always got to make some poeey comment", and her father, who is kind of out of it and calls Angel "Cherub", likes her just the way she is. But soon, a disaster will arrive, and Angel must learn to conquer her fears.

Angelica Cookson Potts, better known as Angel, wants to be a chef when she graduates from high school. Food is her one love, something her stick-thin mother cannot understand. She is larger than all of her friends, and the Love of her Life, Adam, the dishiest boy in school, so she decides to make Major Life Changes. She starts with an all-cabbage diet, which produces rather nasty results. Then she starts going to the gym. But when the fashion show rolls around, she realizes that her size isn't such a bad thing after all. Complete with recipes, this book is about accepting who you are. It is very funny, and readers of all ages and sizes will enjoy it.

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