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# Fat Soul Fridays



## Synopsis

Fat Soul Fridays is the sequel to *The Metaphor Maker*. Set in 2010, Madeline Prescott returns as a newly retired philosophy professor, adrift with an uncharted future. In an impetuous move, she and her British-American husband, Alex Moore, venture back to the place where they first met to re-open Van Gelder's Tea and Books with the hopes of recapturing something of their youth. But instead, they find themselves embroiled in the crises of their little group of friends that meets for tea on Friday afternoons to discuss "things that matter." But all is not tea chat. Humor and poignancy intertwine as their high-strung shop manager, George Saunders, becomes the catalyst for the group's "happiness experiment," an adventure which transforms the life of every member of the little group that meets on Fat Soul Fridays.

## Book Information

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## Customer Reviews

I recommend this book to anyone who enjoys a good novel with lovable characters and a good story line, or to anyone interested in process thought. If that sounds contradictory, this book proves differently. I almost never read a book twice, but in the case of *Fat Soul Fridays* I made an exception. After reading Patricia Adams Farmer's first book in the Fat Soul Philosophy Series,

The Metaphor Maker, I eagerly read each segment of Fat Soul Fridays, a novel published in serial form (every Friday of course). After it was published in book form, I read the preface – an enlightening essay on writing and process thought – and decided to read the book again, since there had been changes. I was delighted to immerse myself once more in the pool of fascinating characters frequenting Van Gelder's Tea and Bookshop. For years I read scholarly books and lighter non-fiction about Process Philosophy/Theology, but why must everything be difficult? Whereas the other books told me about the subject, while reading Farmer's book I experienced it along with her tantalizing, tea sipping characters. After years of graduate school I lost my desire to climb mental mountains, especially after I discovered authors who provide gentle slopes leading me to the same destination. Patricia Farmer is the prime example.

I am experiencing the sweet melancholy I sometimes feel after finishing a great book. I just finished Fat Soul Fridays by Patricia Adams Farmer, and I wish I could extend my literary visit with her characters, Madeline, Alex, Darcy, Elana, George, and Socrates the cat. Patricia Adams Farmer brilliantly blends these fictional characters' stories with the ideas of real life Process Thought philosophers. I think this would be a great book for students of philosophy and theology, or anyone who wants a very personable understanding of "the big picture" of life. I laughed, I cried, and I learned! Thank you, Patricia!

I completed both of Patricia Adams Farmer's books, "The Metaphor Maker" and "Fat Soul Fridays" recently--loved both of them. I previously lived in California and am now retired in Ecuador. I love adventure and learning. I enjoyed reading about my previous home (Southern California), remembering the 60's, and expanding my interest in Buddhism. Patricia has the wonderful talent of weaving all religions, philosophies, lifestyles, personalities, countries (even our beloved Ecuador), etc. into great books. Thanks. I am looking forward to the next book in the series. Nancy Gregory Cuenca, Ecuador

Deepened storyline in this second in the series, quantum leap in writing! As delicious as the scones in this tea-bookshop I'd love to visit.

This is my third book by Patricia Adams Farmer Can't wait for the next book! Patricia is such a talented writer!

Bravo! Theology and philosophy are often best left in the hands of artists and writers. Patricia Adams Farmer's "Fat Soul Fridays" sings! It's about beauty and largeness of soul and inspires the reader to look for beauty in commonplace activities and seek a spiritual largeness to embrace the wondrous complexity of life. Process theology, to quote George Bernard Shaw, has often been a conspiracy against the laity, filled with jargon and incomprehensible terms. This text has the depth of academic theology and yet enables the reader to live the theology and philosophy it portrays. It is truly a beautiful book, accessible to lay as well as professional academics, and an excellent text for a summer afternoon at the beach or sipping hot tea - of course enjoying chocolate - watching the leaves fall. This would be a great text for a book group. Boomers, there is still time for adventure! Venture forth with this text and you will be inspired to engage in your own holy adventures. Thank you, Patricia. Bruce Epperly Author of "Process Theology: A Guide for the Perplexed" and "Letters to My Grandson: Viewing Life from a Fresh Perspective"

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Fat Soul Fridays Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Tina Nordstrom's Weekend Cooking: Old & New Recipes for Your Fridays, Saturdays, and Sundays Fridays with Red: A Radio Friendship Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) Fat Bombs: Delicious Low-Carb High-Fat Sweet and Savory Ketogenic & Paleo Fat Bombs Intermittent Fasting Hacks: How To Eat Whatever The F\*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) How To Lose Thigh Fat: The Most Effective and Simple Solutions to Trim your Thighs (Thigh fat, slim thigh, reduce thigh fat, shape your thigh) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Eat Fat, Get Thin Fast!: Eat Fat and Get Thin with the best healthy high fat recipes; Complete pictures, nutrition facts, and serving sizes for every single recipe! FAT BOMBS: 120 SWEET AND SAVORY KETO TREATS FOR KETOGENIC, LOW CARB, GLUTEN-FREE AND PALEO DIETS (keto, ketogenic diet, keto fat bombs, desserts, healthy recipes, fat bombs cookbook, paleo, low carb) Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight

Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Ketogenic Diet Fat Bombs: A Year of Keto Fat Bombs: 52 Sweet & Savory Low Carb Snack Recipes (Ketogenic Diet Fat Bomb Recipes for Rapid Weight Loss with Low Carb Desserts) The Passover Soul Kit: 101 Soul Tips, Easy Passover Recipes, Pesach Insights, Meditations, Art & Quotes for the Passover Seder and the Passover Haggadah (Holy Sparks Soul Kits) Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health The Diabetes Carbohydrate and Fat Gram Guide : Quick, Easy Meal Planning Using Carbohydrate and Fat Gram Counts The Diabetes Carbohydrate & Fat Gram Guide: Quick, Easy Meal Planning Using Carbohydrate and Fat Gram Counts Sweet and Savory Fat Bombs: 100 Delicious Treats for Fat Fasts, Ketogenic, Paleo, and Low-Carb Diets

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