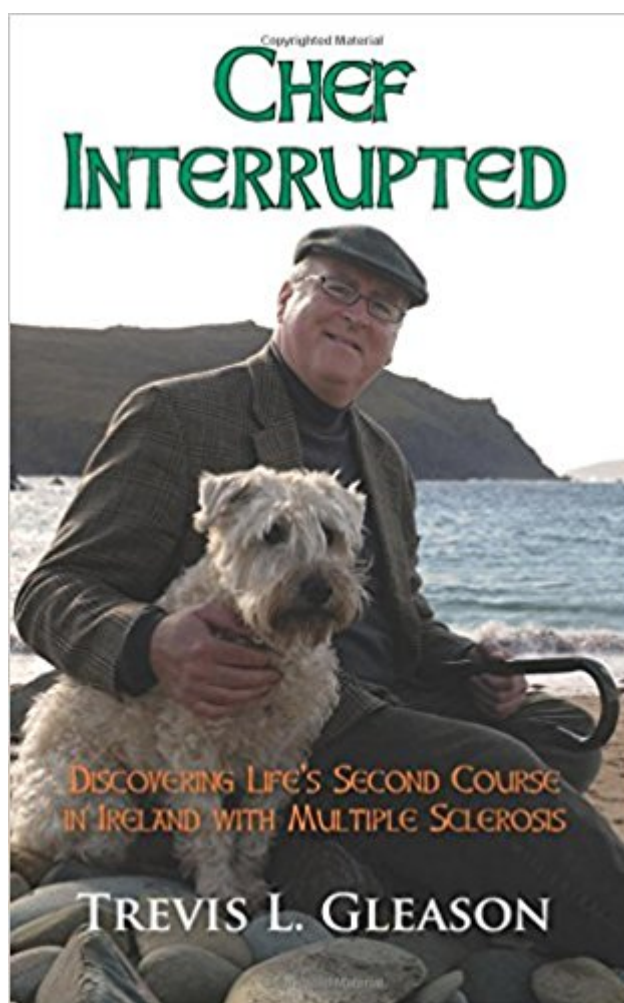


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Chef Interrupted: Discovering Life's Second Course In Ireland With Multiple Sclerosis



Synopsis

When Trevis Gleason, a former chef at the top of his professional culinary career, was diagnosed with multiple sclerosis, he lost everything his job, his marriage, even his perceived persona. Surveying the ruins of his former life, he saw an opportunity to fulfill a long-postponed dream. He would travel from Seattle, Washington, to the wilds of west Kerry, Ireland for the winter. Renting a rustic cottage in The Town, Trevis braved narrow, sheep-obstructed roads and antiquated heating systems to learn that his life, his loves (including cooking), and even his dreams weren't lost, just waiting to be rediscovered in this magical place. He acquired a charming puppy named Sadie, who grounded his days and served as a devoted companion as he surmounted inevitable physical setbacks and cultural challenges. All the while, he entertained a steady stream of visiting friends and relatives, including his former wife. The Town's colorful characters welcomed the American stranger as one of their own, and he soon found himself reveling in the beauty of the rugged countryside, the authentic joy of the holidays, the conviviality of the pubs, and the hearty flavor of the simple food. Recipes included.

Book Information

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Customer Reviews

"While many a reader will pick up *Chef Interrupted* expecting some kind of culinary history or memoir, in fact it's much more: it's about survival and living with MS, and about envisioning and forming a new life. Through Gleason's eyes, more than Ireland comes to life - and more than cooking becomes the focus, making for a recommendation to travel and self-help readers as well as audiences with an interest in culinary memoirs."--*Publisher's Weekly*, April 2015
"Don't think of this

book as a how-to-cope tome. Trevis Gleason's' Chef Interrupted is a wide entertainment and a joy to read. Certainly his prose abounds in Celtic wit and American audacity.--Martha King, Editor, Momentum, the magazine of the National MS Society (USA)"Chef Interrupted is, like all of Trevis' writings, instantly relatable, funny, smart, skeptical, hopeful, and always interesting."--Rose Pike, Executive Editor, EverydayHealth.com."When I want to know what's really 'cooking' in the MS community, I log onto Trevis' blog. He has never failed to provide balanced, candid, thoughtful and even humorous insights into life with MS. His perspectives about the issues of the day - MS related and otherwise - always enlighten and inform me. The same is true for Chef Interrupted." --Joyce Nelson, CEO emeritus, National Multiple Sclerosis Society "Trevis is one of those truly gifted community organizers. To be able to lead and organize a community you have to be able to have the ability to inspire and Trevis has this down to an art. I've seen him transform his pain into humor, humility and personal growth via his writings but perhaps even more impressive is his natural ability to relate and reach people. That means he has the gift to make you give a damn to the point you find yourself repeating his musings to others. That's a mark of a talented writer and community leader." Natalie Brown, Editor, Health Talk

Chef Trevis L. Gleason has been an award winning culinarian, consultant, and instructor. A decorated U.S. Coast Guard veteran and former U.S. Agency for International Development (USAID) Goodwill Ambassador to Ukraine, Chef Trevis has been acknowledged with several awards for his Life With MS Blog. In 2012 he was ranked as the #1 Online Influence on the topic of multiple sclerosis and also named the Jimmie Heuga MS Can Do Person of the Year. Retired from a distinguished culinary career, Gleason has taken on the challenges of living with secondary-progressive multiple sclerosis since his diagnosis in 2001. He is an ambassador for the National MS Society, an active volunteer for Multiple Sclerosis Ireland and the MS Society of the UK, and speaks to groups, both large and small, about living life fully with or without a chronic illness. Gleason divides his time between Seattle, Washington and County Kerry, Ireland with his wife, Caryn, and their two Irish Soft-Coated Wheaten Terriers, Sadie and Maggie. For more information, go to trevisgleason.com

This book is a delight. At the heart of the story is a man living with MS and his sweet dog, Sadie. The author transports us to a small Irish village where he spent 89 days over one winter. The place is charming, quirky and everything I've imagined rural Ireland to be. The natives and the revolving door of house guests add to the mix, creating a memorable cast of characters. The journey he takes

us on, both emotional and physical, is funny, sweet and sad simultaneously. He reminds us that our lives can get derailed by powers out of our control, but a new path doesn't mean life isn't worth living. His account left me wanting more and longing for my own trip to Ireland. Food plays an integral part in this story (hence the 'chef' in the title), and the recipes woven throughout are a treat. I can't wait to try steak and Guinness! I highly recommend this wonderful book.

I have been a fan of Trevis since my early dx in 2005. Found him on a monthly radio-type call in talk show, through the Computer. I here in NJ and he on the Northwest coast. His show was so interesting and educational, I considered him my first mentor in MS. Glad that I was finally able to get his book in Kindle version, as I really need White on Black background to see better. Also of Irish decent, I will never visit the home of my ancestors, but enjoyed taking a vicarious trip with him and all his adventures. Unlike Trevis, my faith is strong, and my dogs have taught me what His "unconditional love" means..as it has always escaped my understanding in humanity. good, engaging read - Loved the book Trevis! I know you're a good soul, because you're obviously "Dog Approved"!

This book might be about a man with multiple sclerosis but that's just the side story! It's really about living life fully and reaching for your dreams. It's a delightful read about Ireland, people, the joy of having a dog and a chef's passion for food. He also kindly shares recipes. It's a great read for any and all. I felt so sad when the book ended. I hope Trevis writes another one soon.

I enjoyed this book tremendously! It is also the way that I have chosen to live my life with MS. I would recommend this book to everybody. There are always challenges for everybody just of different magnitude. I will not give up and I will not give in... The Motto I have chosen to live my life. If I can't do one thing today I'll do something else and tomorrow I will try again, always. Theresa Webb

Trevis Gleason bravely took on a difficult challenge: from living a very busy professional life to getting a multiple sclerosis diagnosis that took away so many of his physical abilities. Instead of retreating & pulling away from people, Trevis embarked on an adventure in Ireland. I would recommend this book to those living with health challenges, as well as those seeking empathy. Witty & engaging!

Enjoyable ride with the chef in his travels and travails in Ireland. I like that he stayed positive during some annoying circumstances. I was going to finish the book now but I will read the 2nd half when I visit Ireland in September.

The parts about dealing with MS were very interesting. There are recipes in the book which I enjoyed. The charm of Ireland comes through. The writing is more like reading a collection of letters than a well crafted book. Still I enjoyed seeing this country through the author's eyes.

I'm almost done with this book and I like it. He even includes some very authentic recipes that I am wanting to try. But I love most the author's descriptions of the quaint life he has chosen and the virtues of turning off the madness of the world in search of a simpler time. Sometimes he gets too heavy into the Irish way of phrasing things and it's difficult to follow. But it all lends to the charm of his experiences.

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