

Paris, My Sweet: A Year in the City of Light (and Dark Chocolate)

By Amy Thomas

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"From the New York cupcake wars to the perfect Parisian macaron, Thomas's passion is palpable, her sweet tooth, unstoppable."—Elizabeth Bard, bestselling author of *Lunch in Paris*

Forever a girl obsessed with all things French, sweet freak Amy Thomas landed a gig as rich as the purest dark chocolate: leave Manhattan for Paris to write ad copy for Louis Vuitton. Working on the Champs-Élysées, strolling the charming streets, and exploring the best patisseries and boulangeries, Amy marveled at the magnificence of the City of Light.

But does falling in love with one city mean turning your back on another? As much as Amy adored Paris, there was part of her that felt like a humble chocolate chip cookie in a sea of pristine macarons. PARIS, MY SWEET explores how the search for happiness can be as fleeting as a salted caramel souffle's rise, as intensely satisfying as molten chocolate cake, and about how the life you're meant to live doesn't always taste like the one you envisioned.

Part love letter to Paris, part love letter to New York, and total devotion to all things sweet, *PARIS, MY SWEET* is a treasure map for anyone with a hunger for life.

"Like a tasty Parisian bonbon, this book is filled with sweet surprises."—David Lebovitz, *New York Times* bestselling author of *The Sweet Life in Paris*

"Amy Thomas seduces us in the same manner that Paris seduced her —one exquisite morsel at a time."—Nichole Robertson, author of *Paris in Color*

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Editorial Review

Review
"Follow Amy Thomas's quest in Paris to find the tastiest chocolates, towering gâteaux, and most sublime macarons while crisscrossing the Atlantic. Like a tasty Parisian bonbon, this book is filled with sweet surprises." - ***David Lebovitz, New York Times bestselling author of The Sweet Life in Paris***

"A sweet and charming tale of Paris through the eyes of a cake-lover. Willie Wonka for grown ups -- and a guide to some of the sweetest destinations in the City of Light." - ***Karen Wheeler, author of Tout Sweet***

"Such a charming, heartfelt book. *Paris, My Sweet* is as dainty and decadent as a box of pastel macarons, a bewitching tale of a young woman's love affair with two iconic cities and the confections found in each one." - ***Ann Mah, author of Kitchen Chinese***

"Amy Thomas's descriptions of the delicious delights in Paris and New York had me almost licking the pages." - ***Rachel Khoo, author of Little Paris Kitchen***

"Dessert lovers will devour this one... Amy Thomas draws the reader into the comfort of sweets seemingly found on every street corner in Paris, creating a delectable fantasy world. As a self-professed sugarholic, this memoir/travelogue/dessert guide to New York and Paris is a rare, nostalgic treat - equal parts charm, style, and wit." - ***Pichet Ong, chef and author of The Sweet Spot***

"Amy's adventures in *Paris, My Sweet* are of fairy tale magnitude. Her story is infectious and contagious in every way and has reminded me of so many of my own memories walking down those very streets and nibbling on those one of a kind Parisian treats. This book made me smile." - ***Johnny Iuzzini, James Beard Award Winner, Author of Dessert FourPlay, Head Judge Top Chef Just Desserts***

"More than just a tasty treat, *Paris, My Sweet* is a lot like fine chocolate--deep, rich and complex." - ***Jamie Cat Callan, author of French Women Don't Sleep Alone and Bonjour, Happiness!***

"From the New York cupcake wars to the perfect Parisian macaron, Thomas's passion is palpable, her sweet tooth, unstoppable." - ***Elizabeth Bard, bestselling author of Lunch in Paris***

"Do not read this book on an empty stomach...After a couple of chapters, I was ready to throw the book aside and hop a jet to either city just to get my hands on some of the food she described." - ***Working Title***

In her book, she paints a colorful picture of both macaron-mad New Yorkers and cupcake-crazed Parisians.

"Quick, breezy [this book] will make you want to travel to Paris and gorge on cake immediately." - ***Tiny Library***

"An enjoyable read, and will certainly appeal to all travelers and gourmands." - ***The Story Girl Book Reviews***

"A delectable memoir [and] sumptuous tribute to the sweet splendors of Paris and New York." - ***Booklist***

"You will not regret letting Amy Thomas give you her Parisian tour in *Paris, My Sweet*. Grab a postcard of the Eiffel Tower and a few bars of chocolate and prepare to be transported!" - ***The Allure of Books***

"A delightful surprise that I enjoyed immensely." - ***Sweet Tidbits***

"A fun and light romp through the boulangeries, patisseries, and chocolatiers of New York City and Paris." - ***Lit Chick***

"Charming, funny and as scrumptious as the dessert menus it exalts, *Paris, My Sweet* explores the heady-but-fleeting sweet moments and the richer, longer-lasting satisfaction of creating a life in a new city from scratch. With mouthwatering descriptions (and addresses!) of Thomas's favorite sweet spots on both sides of the Atlantic, this book is a treasure map for readers searching for the life they were meant to live--or simply on the lookout for their next favorite cookie or croissant." - ***Shelf Awareness***

"Reading this book made my mouth salivate and I craved macaroons and cupcakes and all things yummy." - ***Book Girl of Mur-y Castell***

"Believe me, if you read this book while hungry then you're making a huge mistake. You need to read this book with a dozen different pastries to keep you going because Thomas's descriptions are just mouth-watering." - ***Chick Lit Reviews and News***

"Needless to say, I inhaled the book, much like I would a box of macarons. Pierre Hermé or Laduree. It felt as though Amy were telling me her story in person, over a chocolat chaud." - ***Love in the City of Lights***

"Truly a wonderful read about sweets and how to get through life in a new country by yourself. " - ***Book Hounds***

"Anyone with a sweet tooth will agree Amy makes a great case for eating dessert for dinner. I devoured her book in two days." - ***Paris I'm Perfect***

"Amy smartly puts a full address list of all the Paris and New York sweet shops so you can rent a Velib bicycle and track them just like she did." - ***I Prefer Paris***

"Ms. Thomas' writing is engaging and her way of describing a cake can make your mouth water. " - ***Broken TeePee***

"Shortly after starting this book I was highlighting paragraphs, jotting down must go to places...I loved this!" - ***Bookworm with a View***

"If an Air France flight is not in your budget, *Paris, My Sweet* should satiate any cravings you might have." - ***TheFrisky.com***

"I read it all in one night...it's one of those make-you-smile-inside books." - ***Kathy YL Chan***

"Less a memoir than an anecdotal travelogue to delectable desserts - this could easily be titled Sweets and the Single Girl. " - ***Lit Chick***

"If you love Paris and New York (what a perfect combination) plus a dose of the sweet then this is the delicious memoir to indulge in." - ***French Essence***

"A starry-eyed tour of the City of Light's best pâtisseries, juxtaposed with the American-style treats of her beloved New York." - ***Adventures in Food, France and Beyond***

"It's fun, it's tooth-achingly sweet, and I loved every minute! " - ***All Things Luxurious***

"If you have a sweet tooth, if you want to live vicariously through the eyes of Amy Thomas as she spends time in both Paris and New York, then this may be a good choice for you." - ***Adventures of an Intrepid Reader***

"The book is an entertaining memoir about a girl and her love for Paris [as well as her struggle with loving New York too]." - ***Gourmet Galley***

"[The] storyline kept me engaged and, of course, the chocolate descriptions kept me salivating." - ***Bookshipper***

"This little book is a treat for the senses and the mind. You will feel as if you are on a sweet ride with Amy." - ***Maurice on Books***

"Though I don't recommend reading this tribute to deliciousness during a 21-day-juice cleanse – you'd surely lose the will to go on – it's the perfect book any other time you find yourself in need of geographic or baked escapism." - ***The Chalkboard Magazine***

"Thomas's story in *Paris, My Sweet* is inspiring in her quest to redefine her life for herself--and of course, will leave readers longing for a quick dash into a Parisian bakery." - ***Shelf Awareness for Readers***

About the Author
Amy Thomas is a New York–based writer who, for two lucky years, got to call Paris home. In addition to working as a copywriter in advertising, she writes about food, travel, design, and fashion for various publications such as the New York Times, National Geographic Traveler, Town & Country, and Every Day with Rachael Ray. She is slightly obsessed with sweets.

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I guess you could say my story began with a bicycle and some bonbons. At the time, it just seemed like a fun summer vacation: it was 2008, and I did an apartment swap with someone in Paris. I had already visited earlier that year, but what can I say? When the invitation to spend time in the City of Light (and Dark Chocolate) comes knocking, my first response is "pourquoi pas?"

I've just always been one of those girls. I spent a college semester in Paris, and it was then I fell in love with the city's beauty and grace—and Nutella street crepes. When I returned to the States, I wore silk scarves and a black beret; the only thing missing from my clichéd uniform were the Gauloises cigarettes.

I binged on French films, schooling myself in nouvelle vague directors, falling especially hard for Eric Rohmer, before contemporary movies like The City of Lost Children and Amélie seduced me. I studied the Lost Generation, reading Hemingway, Fitzgerald, and Janet Flanner, and built a mini-library so I'd never be far from Paris. I had books about cats in Paris, dogs in Paris, expats in Paris; Parisian interiors, Parisian gardens, and Parisian cuisine, organized by neighborhood; bistros of Paris, pâtisseries of Paris, and shopping in Paris. I became a regular at a café in my neighborhood in San Francisco simply because it served café au lait in little bowls instead of mugs, and I had more Eiffel Tower tchotchkes than I am comfortable admitting.

I was just another Francophile, like you. Until that summer of 2008.

That trip was the first time I was in Paris during the summer, and it was absolutely amazing. I loved that it was light out until after 10:00 p.m., giving me several extra hours to roam back-alley streets and sit by the Seine. I was excited to discover new neighborhoods like Bercy and Canal Saint-Martin and new "bistronomy" restaurants like Le Verre Volé and Le Comptoir du Relais. I got sucked into the semi-annual sales, les soldes, and hooked on Vélib's, the public bike-sharing system.

And then there were all the chocolatiers.

By that time, I was just as obsessed with sweets as I was Paris. I had a column in Metro newspaper called "Sweet Freak" and a blog by the same name. I knew every bakery, dessert bar, gelateria, tea salon, and chocolatier in New York City. When I traveled, I built my itinerary around a town's must-visit sweet spots.

So naturally during that week in Paris, I researched the city's best chocolatiers, mapped out a circuit, and then Vélib'ed between eight of them. It was exhilarating and exhausting, not to mention decadent. It was a chocoholic's dream ride. I wrote about my Tour du Chocolat for the New York Times, and it went on to become a top-ten travel story for the year. As I was secretly plotting a way to spend more time eating chocolate in Paris, the in-house recruiter of the ad agency where I worked casually walked into my office one day and asked if I wanted to move to Paris. I was getting transferred to write copy for the iconic fashion label Louis Vuitton. It all happened so suddenly, and seemed so magical, that I had to ask: was Paris my destiny or sheer force of will?

I guess it goes to show that you just never know where life will take you. You search for answers. You wonder what it all means. You stumble, and you soar. And, if you're lucky, you make it to Paris for a while. Here's what happened when I did.

Users Review

From reader reviews:

Homer Smith:

What do you think of book? It is just for students because they're still students or the item for all people in the world, exactly what the best subject for that? Merely you can be answered for that issue above. Every person has different personality and hobby for each and every other. Don't to be pressured someone or something that they don't wish do that. You must know how great and important the book Paris, My Sweet: A Year in the City of Light (and Dark Chocolate). All type of book could you see on many methods. You can look for the internet resources or other social media.

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Paris, My Sweet: A Year in the City of Light (and Dark Chocolate) can be one of your nice books that are good idea. We all recommend that straight away because this e-book has good vocabulary that will increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort that will put every word into delight arrangement in writing Paris, My Sweet: A Year in the City of Light (and Dark Chocolate) although doesn't forget the main place, giving the reader the hottest and based confirm resource data that maybe you can be considered one of it. This great information can drawn you into fresh stage of crucial thinking.

Kimberly Smith:

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