



Ketchup Is a Vegetable: And Other Lies Moms Tell Themselves

Robin O'Bryant

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If you don't have anything nice to say about motherhood, then... read this book. Robin O'Bryant offers a no holds barred look at the day to day life of being a mother to three, running a household and the everyday monotony of parenting. It's not always pretty but it's real. Whether she's stuffing cabbage in her bra... dealing with defiant yet determined daughters... yelling at the F.B.I... or explaining the birds and the bees to her preschooler... you're sure to find dozens of humorous and relatable situations. From the creator of Robin's Chicks, one of the South's most popular blogs on motherhood, misunderstandings and musings, comes a collection of essays that will not only make you laugh and cry, but realize that you're not alone in your journey.

Sit back and relax, pour yourself some "mommy juice," throw a fresh diaper on your baby and deadbolt the bedroom door to keep your kids out... because once you start reading you'll be too busy wiping away tears of laughter to wipe anybody's butt.

Ketchup Is a Vegetable: And Other Lies Moms Tell Themselves Details

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From Reader Review Ketchup Is a Vegetable: And Other Lies Moms Tell Themselves for online ebook

Jennifer says

I rarely give 5 star reviews, but this book really deserves it. A laugh out loud read from beginning to end (OK...maybe the last essay was more of a tearjerker than funny).

As a mom of 3, I can totally relate to every single thing in this book. Heck, I've lived through some of these (have the roadtrip tshirt, cleaned up the vomit).

Ciara says

wait, what? HOW does this book have such a high rating here? the author must have a million friends on the internet that gave it an inflated score, because in NO WORLD is this a four-star-average book. i was actually going to give it two stars, because kudos for writing any book at all when you have three kids, but i felt duty-bound to mark it down to try to balance the over-inflation a little.

this is supposed to be funny essays about motherhood. just the kind of thing i like. i read good reviews, promising laughs. i usually take that stuff with a grain of salt because it takes a lot for a book to make me laugh, but i still enjoy the "humorous essay" genre.

this book is not funny.

this author straight up can barely write.

this is one of those books where the author thanks one of her friends in the acknowledgements for their help copy editing & proofreading & i just want to crawl into a hole on behalf of everyone because this book is a complete mess. words are misspelled, grammar is nothing but a vague concept, homonyms are abused...in the very first essay, the author refers to her "daughter, who is two-years-old." yes, she hyphenates it like that. look, maybe you can slog through 200 pages of this kind of brutal assault to the eyeballs & walk away focusing on the content, but i cannot. particularly when the content is also so boring & not funny.

she calls her boobs "the big berthas" & her vagina her "britney". YOU'VE BEEN FOREWARNED. if this is something you find tolerable, you are made of sterner stuff than i. the first time she mentioned her "britney," i was like, "oh, wow. there's a 'joke' that didn't land. surely that won't happen again." BUT IT DID. SO MANY TIMES. it was painful. at a certain point, i realized that i was continuing to read just because i was morbidly curious about how much worse it could get. i truly don't understand how this book got published. i looked at the author's blog, where she wrote, "st. martin's press signed me to a two-book deal. can you believe it?!" no. i literally cannot. put down the crack pipe, st. martin's. you are going to need your crack money on hand to hire the ARMY of copy editors that will be required to turn this author's prose into something quasi-readable.

Maria says

Great book to give to a mom, not so much my type of book, still O'Bryant is hilarious and there's lots of laugh out loud moments.

Cynthia says

I don't get it. Every review gives this a 4 or 5 and claims it is laugh-out-loud funny. I didn't have high expectations and just wanted something light to read; it was free on my Kindle. I read the first 8 essays and couldn't continue. It is very poorly written, not at all clever, and I didn't even think about smiling. I am frankly shocked that anyone chose to publish these blog posts with so many better examples of the genre available.

Elisabeth says

This book is hilarious! I was able to identify with her on so many levels because I have either experienced the same situations or have thought the same thoughts! This is a laugh out loud book!

Debra Jackson says

I just loved this book! If you are a mom and need a light read that will make you smile at the end of the day, this is the book! I could identify with many things she wrote about with her family life. She has a great sense of humor to go along with it too. Looking forward to reading more by this author.

Mich says

The last chapter had to be said. The last chapter is a short story unto itself. The last chapter threw the whole LOL business of the rest of the book down the river. Read ALL but the last chapter. Enjoy the funny parts. Let it soak in. THEN. After a few days read the last chapter and let it soak in. And yes I know they were all separate little stories but they had a 'theme' and the last chapter just made me say 'oh'. Maybe read the last chapter first?

Stephanie says

I waited 3 years for this book to become available at the library. I had high hopes - friends, strangers, and Goodreads told me I would love it. "It's a must read for parents! She's so funny," they all said.

Except she isn't. At. All.

Look, I've been through the whole pregnancy and infant/toddler thing twice. I'm certainly no expert. However, not once have I had the inclination to devote half of a book (or even more than a passing comment in a conversation) about being a parent to my chest, another woman's chest, or anyone's "Britney" as she calls it. I was so bored by the teenage boy humor that I wanted to cry. I can appreciate a good inappropriate joke as much as the next person, but what I cannot handle is even a whiff of desperation and trying too hard.

Being a mom is funny. Everyday is worthy of lots of laughs and often war stories appreciated only by those who have been there about diapers, nursing, bedtimes, things kids say at inappropriate times, and missing using the bathroom without someone standing outside it banging on the door. I don't understand why O'Bryant had to spend far too much of the book writing about boobs and her "Britney" (it pains me to even write that).

I'm bummed I didn't like it, and after reading it I doubt I will ever read O'Bryant's blog. There are far more humorous books for moms out there like *Out of the Spin Cycle: Devotions to Lighten Your Mother Load* which while technically a devotional is probably the funniest parenting book I have ever read.

Don't bother with this. I know O'Bryant has a newer book too, and I assure you I'm not going near it.

Debbie says

A tough choice between 2 & 3 stars.

This book started out so strong. I was laughing every other paragraph.

Then started the endless boob, poop & puke stories....and I was really about ready to just stop reading. (And I have to *really* dislike something to not finish.)

I decided to give it 'one more chapter' and the bodily fluid details stopped, so I kept going. It ended really sweetly and I completely agree with every word written in her last paragraph. So I'm glad I finished it.

Still though, I don't understand all the 5 stars for it.

Amanda says

Stumbled upon this book and it was a great accident! I have read and re-read this book because it is the real deal about parenting! No it isn't about what to feed your baby, how to get them to sleep, or how to discipline. It is better- it makes you feel okay that your own child has only eaten chicken nuggets for 6 straight days or that sometimes we act a fool to keep your own child awake so they will sleep all night or that sometimes when we should discipline our children... All we can do is laugh because dumping juice on a sibling because they called them some name is just funny!!!! A bonus of the book is that the author also has a blog that is worth the read as well!

Jennifer McMurrain says

Ketchup is a Vegetable: And Other Lies Moms Tell Themselves is a snort laugh, milk-out-the-nose great read. I found myself nodding at all her misadventures in Mommyhood, with a "I have so been there" nod. I

strongly encourage all 1st time Mommies to read this, not only will it give you a head's up on what's to come, but it'll make you feel right at home in your own misadventures.

momruncraft says

Mommyhood is hard. You have ideas of what it means to be a Mom while pregnant but those are often quickly dashed by the time you give birth. As you maneuver your way through the first year, you learn the ropes, gain confidence, and start to feel as though you know what you're doing. In our house, months 10 through 15 were favorites, ultimate kiddo cuteness abound.

And then, like many, you decide to change the ballgame, make things more interesting and have a second. Thus negating all said learned wisdom and wiping the slate clean. Two equals a whole different world. There were many days where I thought my ONE was impossible, yet something in me told me to have another. Yes, thank that crazy Mommyhood brain and logic.

Now, three years into my parenting career of two, I can honestly say I am glad we took the chance. The boys now have each other to lean on when they are older and bond over discussions about my parenting flaws. I realize that a sibling is a gift that isn't always immediately realized and I can only hope they value each other just as much one day. Mostly, I realize I wouldn't have been able to survive this journey with my sanity in tact had it not been for my amazing group of Mommy friends and family. And a sense of humor.

There are a handful of Moms who are not willing to break it down and keep it real. They are unable to peel off the layers and reveal the truth: Mommyhood is not all fun. In fact, there are days where it just plain sucks. Kids are born with the ability to push every single drive-you-crazy button in your body. Multiple times. Relentlessly. BUT, if you're lucky, you have a group of peeps you can share this with, complain with, wine with...

Robin O'Bryant writes like I am sitting with her at a Mommy's Night Out and we're talking about our little cherubs, heh. Though she is a mom of three girls, she has learned the role temperament plays in one's parenting game. It doesn't matter if it's a boy or a girl, spiciness doesn't discriminate. I nearly cried laughing so hard while reading her chapter on traveling with kids. Her chapter about sending her oldest to kindergarten made me cry tears of sadness realizing how quickly time flies and realizing that I, too, will be breaking up the boys for a couple years.

I absolutely loved this book. The honesty and humor spoke to me. A free download for Kindle, my first electronic read, LOVED LOVED LOVED!!

Adam says

I picked this up after being threatened by a friend, and I'm glad I did. This collection of humorous essays about the author and her three young kids is both touching and hilarious in equal measure. I'd recommend it to anyone, and not just new mums.

That said, I'm never having children.

5 stars.

Kristin (Kritters Ramblings) says

Have you ever read a book and literally laughed out loud so hard that you started crying? From page one this book had me laughing and crying and the boy staring at me strangely! Although I am not a mom and this is most definitely a mom book filled with stories from birds and bees talk to horrible road trips with infants and toddlers, I found the humor through knowing a bunch of moms and how life can be out of control.

This book starts with a perfect prologue to set up "the characters" and help the reader start out the book with full knowledge of who the author is and the family that she will be sharing about throughout the entire book. Then through a collection of short stories, each with a theme or topic, you are taken through all of the hazards that moms encounter while trying to raise a family. A perfect book for moms because each chapter is contained within itself, so you can start chapter one and finish the last chapter 3 years later!

I immediately forwarded this title to all my friends and family who are moms and maybe even a few that aren't starting a family just yet. I can't wait to hear how the can commiserate with her stories of life as a mom.

Lindsey says

I received this book through a Goodreads First-reads Giveaway.

I want to preface this review by saying that I have a high level of respect and appreciation for anyone that is willing to share their parenting stories. Parenting is a touchy subject; everyone does it differently, and everyone has an opinion. Even people who don't have kids have opinions on how they should be raised. So, like I said, I have a lot of respect for someone who is brave enough to share their most intimate family stories because it also makes them a target for judgment.

There are many situations referred to in the book that I think many people can relate to, appreciate, and laugh along with. It's a relief to know that other parents are going through the same crazy problems that you are and even some crazy problems you thankfully never experienced.

That being said, my first impression upon starting *Ketchup is a Vegetable* is that this book is utterly honest, disgustingly hilarious, and beautifully reassuring. *Ketchup is a Vegetable* is the nitty-gritty motherhood crash course. From the first page, you are immediately thrust into the roughest everyday realities of being a parent. The first few chapters had me laughing and nodding my head in absolute recognition and agreement.

As I continued reading however, some of the things I enjoyed in the beginning began to annoy. There is an overall defensive attitude or an "I don't care what you think" attitude that comes across very strongly which I completely understand. Like I said, parenting is a touchy subject, but it just starts to set a negative tone, instead of a funny, enjoyable, relatable one. Along with this, the author makes a lot of opinionated statements.

So there is this whole, dont judge me, but I am going to judge others, sort of thing going on. Many times she starts off with a, don't be offended or get your panties in a wad sort of way, but when you start out with that, you know what you are about to say is probably negative or offensive and will probably ruffle someone's feathers and do really want to isolate/pass judgment on your audience? Although reading some of these pieces that I didn't quite agree with was unpleasant, I get it. These are the authors real life stories and opinions. Be prepared for it when you start reading.

Overall this book was enjoyable and I laughed a lot. There were a lot of moments that I could relate to and many others that I thankfully could not. Some things I dont agree with and some that I do, regardless of opinions this story paints a very real picture of life in all of its beautifully raw very awkward moments. The author adds to the stories with her creativity and imagination.

I would definitely recommend this book to other parents and also to other young adults who think they know what parenting is all about because no matter what you think you know about parenting, you are probably wrong. Something the author expressed that I definitely agree with is that, you never understand or realize the level of torture you have put your parents through, until you are a parent. You can plan the way you want to parent your children all day long before you have kids, but once you have kids, you better be extremely patient and ready to put or shut up when your kids are screaming bloody murder in public over the most ridiculous asinine things. If you think you know, you have no idea!

I also want to share one of my favorite relatable moments. I think it sums up all the wonderful things that I like about this book:

"Because taking a toddler to a gas station bathroom is the fifth circle of hell. It doesn't matter how many times you try to explain proper bathroom etiquette to a preschooler. They are physically incapable of keeping their hands to themselves, and while you're busy having a panic attack they are working as hard as they can to discover a new disease to keep the scientists at the CDC busy for the next ten years.

It usually goes something like this: 'DON'T TOUCH THAT! SQUAT, BABY, SQUAT... NOOOOO, DON'T SIT ON IT! Aubrey, QUIT touching the little trash can!!! That's for grown-ups! I know it's just your size, but it's not for you! Nooo! Stop, stop, stop! Emma, get off the floor. Don't flush with your hand, use your foot! STOP!!!!'

Then you get to do the public restroom squat and try not to pee all over yourself while you continue to try to keep the kids out of the 'little trash can.' In the meantime, your thighs are shaking and burning because you haven't been to the gym since your second kid was born, and this is the best workout you are going to get for months. Finally, you get to wash one kid's hands while trying to keep the other one from touching even more disgusting stuff. It's a vicious cycle."

If you enjoyed or can relate to that little moment in any way, then you will definitely enjoy Ketchup is a Vegetable!
