



# Julia Child Rules: Lessons on Savoring Life

*Karen Karbo*

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Many of us have dog-eared copies of *Mastering the Art of French Cooking* in our kitchens or fondly remember watching episodes of *The French Chef*, but what was behind the enormous appeal of this ungainly, unlikely woman, who became a superstar in midlife and changed our approach to food and cooking forever?

In the spirit of *The Gospel According to Coco Chanel* and *How Georgia Became O'Keeffe*, *Julia Child Rules* dissects the life of the sunny, unpretentious chef, author, cooking show star, and bon vivant, with an eye towards learning how we, too, can savor life.

With her characteristic wit and flair, Karen Karbo takes us for a spin through Julia's life: from her idyllic childhood in California to her confusing young adulthood in New York; her years working for the OSS in Sri Lanka; her world class love affairs with Paris and Paul Child; and her decades as America's beloved French chef. Karbo weaves in her own personal experiences and stops for important life lessons along the way: how to live by your whims, make the world your oyster, live happily married, work hard, and enjoy a life of full immersion. It celebrates Julia's indomitable spirit and irrepressible joy, giving readers a taste of what it means to master the art of living.

## Julia Child Rules: Lessons on Savoring Life Details

Date : Published October 1st 2013 by skirt! (first published January 1st 2013)

ISBN : 9780762783090

Author : Karen Karbo

Format : Hardcover 240 pages

Genre : Nonfiction, Biography, Food and Drink, Food, Cultural, France, Foodie, Cooking

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## **From Reader Review Julia Child Rules: Lessons on Savoring Life for online ebook**

### **Jaki says**

At times hilarious, at times informative, and thoroughly enjoyable at all times. Looking at other reviews, it seems that some people went into this book expecting to get something in particular out of it, so my advice to the would-be reader is to let go of any expectations and simply get cozy with this book. Not particularly serious, not particular life-changing, but fun.

Entertaining, personal, well-researched. Some well-played self-deprecating humor. Great footnotes, whether funny or illuminating (or both!). One such footnote contained a L&O: SVU reference.

One of my favorite quotes from this book:

"Had she been a more instinctive, 'natural' cook, she might have felt less compelled to parse each recipe, to tackle each one as though getting it right were a matter of life and death." (page 124 of the 2013 edition)

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### **Blythe McGarvie says**

You will find the best inspiration for how to be authentic and solve the problem in front of you while learning about the younger and unmarried Julia Child before she became famous. I had not heard of the Karen Karbo, but I liked the way she interweaves her own story as a millennial into what was happening with Julia. She creates ten rules which I wish I had written. Not a preachy book, more like a journal on how to have fun, find your passion and how to go from simmering about ideas to creating new paths. Every thirty-something person needs to read this book. I think advertisements and cultural expectations bombard women in particular. Julia rose above this confusion and found a life, a career, a husband and laughed all the way to the bank!

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### **Cyndi says**

I am a huge fan of the great Julia, so this book was calling for me, "Pick me up, Cyndi. You know you want too!" Of course many books call to me this way (or maybe I'm just hearing voices. ?????)

This is a very well researched and very well written biography of a great lady. The author and her friend spend time in France to research the places Julia cooked in and wrote her books. (Wish I could travel to France to research a book. Like wine ?I could go to France, drink lots of wine and then write about it.

Hmmm. In this magical daydream I would never get a hangover)

But I digress...So, excellent book on an awesome person!

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### **Roxanne says**

I disagree with some of her "lessons" and I always wonder about the accuracy of second-hand biographies like this. This is the only book about Julia Child I have read; I am not interested in the kind of food she

cooked either. What is interesting about this book is that it's more about the life of a free spirit and a great woman who refused to scramble to fit in with everyone else in her generation. The tone is quite positive, and I learned a lot; not just about Julia, but about Greatest Generation America growing up. It made me feel a bit better about my life to read about women of that era marrying and having children later in their 30's than was proper, as I am personally in no hurry to settle down.

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### **Sue Kliewer says**

I don't quite know what I was expecting but this wasn't it.

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### **Chris says**

Yet another Julia Child book that was a pure delight. My only quibble was the author had lots of footnotes. Now I know I need new glasses, but most of the time I missed the asterisk, so I ended up just reading them on their own or searching for the spot in the copy. Really annoying. I tried to let it go, but just couldn't.

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### **Lesley Looper says**

I really enjoyed this book, in part because Julia Child came across as someone very likeable, while living life on her own terms. I enjoyed learning about Julia's persistence and tenacity when working on recipes, and how she considered herself a teacher.

I was inspired to complete this book after attending a Cookbook Club yesterday at the local public library, lead by my librarian friend, Jenny. :-)

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### **Jennifer says**

This was a curious read. At times, I was really bored when it became more about the author's childhood and her lack of interest in cooking. What did keep me reading was the interesting life of Julia Child. She is a fascinating, fastidious(in the culinary sense) person who truly exemplifies joie de vivre, through out all of her many endeavors. I loved hearing about Julia's process in writing the cookbook. That was amazing and so insightful. I am really inspired to find a copy of the second edition of her famous volumes on Mastering the Art of French Cuisine and baking some of her classic recipes.

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### **Joy Weese Moll says**

In the latest of her Kick Ass Women series, Karen Karbo cooks up some "Lessons on Savoring Life" by examining the problems and passions in the biography of Julia Child. Here's one reason Julia Child's life is so illuminating for contemporary women:

"My theory is that our real attachment to Julia is less about her cooking, or even about what she did for the cause of serious cuisine, and more about our admiration for her immutable aptitude for being herself. Julia's real genius wasn't in breaking down the nine million steps in cooking a mind-blowing beef bourguignon, or assembling a thousand-page cookbook, but in having the confidence to stand in front of a camera, week after week, without trying to change one thing about herself." p. 10

Julia Child Rules tells the story of Julia Child's life in broad strokes within a structure of 10 rules for living. Rule Number 1 is Live with Abandon.

More thoughts on my blog: [Book Review: Julia Child Rules by Karen Karbo](#)

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## **Jan says**

Julia Child was a woman who lived life to the fullest, celebrated every moment, and was fiercely passionate about the people and things she loved. Having watched her as a child on her PBS cooking show and Good Morning America, in addition to reading My Life in France and Julie and Julia, I thought I knew a lot about her. This book proved me wrong. I may not agree with the kind of food she loved to cook, since most of her recipes would add 50# to me in a flash, but her outlook on life and how to live it is one that I can surely take to heart.

Each chapter is titled with one of Julia's life lessons. Some of my favorites are:

1. Live with Abandon 2. Learn to Be Amused 3. Obey Your Whims 4. To Be Happy, Work Hard 5. Solve the Problem in Front of You 6. Make the World Your Oyster.....Not a bad way to live, I think.

One of the most surprising things about Julia was finding out what a party girl she was in college. Her personal motto at Smith College had been Less Learning, More Moonshine. The only time she was inspired to improve her grades was when she found out that seniors who maintained a B average could keep a car on campus. She purchased a 1929 Ford she named Eulalie and used it almost exclusively to venture out to speakeasies in nearby Holyoke. The car was a convertible, which was convenient, as it allowed Julia and her friends to get sick over the side without ruining the upholstery. I got a big laugh out of that one!

Her love of being with people, staying up till all hours of the morning, and knocking back a few drinks or more lasted well into her seventies and beyond. She could work harder and on less sleep than those a third of her age. In her seventies she still kept the insane hours she always did, up by six, and to bed no earlier than midnight. The 12 hour long days of taping her TV show energized her. Often, when the day wrapped at 10:00 pm, she would ask the crew where they were going to eat dinner. Even the 25 year olds would groan with fatigue!

Not only did Julia Child master the art of French cooking, she seems to have mastered the art of living. I want to be as energetic, happy, and full of life as she was, and I'll start by incorporating some of those life lessons she lived by into my own life.

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## **Christina says**

This Karen Karbo book was a delight to read.

I read it after reading *Julie & Julia* so I recommend you also read both books together.

Karen Karbo details her infatuation with Julia Child. The most memorable part of the book was when she and a friend rent an apartment in Paris to cook a Julia Child-inspired meal in the kitchen.

As a cook myself, I'm drawn to any book that talks about a love of cooking. Cooking a meal isn't sexist. Men can benefit from cooking too. It's a lost art: to cook with love over a stove instead of wolfing down fast food from a plastic container.

*Julia Child Rules* was a breezy, shorter book long on fascination with this cook that rose to fame only in mid-life.

For all women longing to re-invent ourselves or truly become who we are after 35 and older:

Karen Karbo's book shows us it's not ever too late to cook up a feast and celebrate ourselves:

as cooks, as women, as fierce females blazing a trail.

We owe a debt to Julia Child who lived a long life doing what she loved.

In the end, doing what you love is what counts.

With or without a blow torch.

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### **Karla Starr says**

You know those times when a book magically appears at just the right time and place in your life? Even if things are going fine and dandy, I guarantee you'll feel that way after reading *Julia Child Rules*. I'm not much of a cook, and don't know much about Julia Child beyond the movie *Julie and Julia*, but you don't have to in order to appreciate this awesome book. Karbo's writing style is vivid, warm, and engaging.

I devoured this book--in little nibbles--because every time I put it down, I had a spring in my step. It's not a standard biography; think of it as a lyrical lesson in *joie de vivre* structured around Julia Child's life. Karbo inserts just enough of her own life in order for you to appreciate where she's coming from, and to contrast some of Child's life with the less glamorous ordeals of the everyday cook. Her genuine love of Child's spirit/moxie is contagious. Highly recommended!

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### **Libraryassistant says**

Sigh. I wanted to like it. Unfortunately somewhere shy of half way, I tossed this book aside to pick up something more enjoyable. And I cannot make myself go back to it.

I thought at first it was the way the author squints at Child thru the lens of her own life and self-proclaimed neuroses, in order to derive Important Life Lessons for us all. Then I thought maybe it was the way she spends half of each chapter whining about why she herself does not love to cook. However, what finally drove me away was the overall tone. Too much trying to be droll about life, the universe, and everything.

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## **Marianne says**

Poorly written. Disjointed. Expected to read more about the life and times of Julia Child. There was some biography of interest; thus, the two stars. Much ridiculous introspection and opinions from the author that were difficult to understand, especially how they related to Julia's life story. Yet there they were like a red herring. This was a thoroughly disappointing read and merely a vehicle for Karbo to stroke her massive ego. Not a good read and definitely not in my wildest imaginings, a recommendation for anyone.

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## **Ann Hipson says**

This is a light weight book that is deceptive--inside the fun chatter is some real meat on how to live your life with the gusto and zest of Julia Child. Some of the advice is unattainable--have rich parents, find a husband as supportive as Paul Child but the meat comes from looking at Julia's acceptance of herself as she was, her perseverance, her energy, her love of eating, and her failure to be what most people thought she should be. That failure made her the icon she is to many of us.

Lovely, fun book--best read on a rainy afternoon, lying on the couch with either a cup of herbal tea or a glass of wine.

It's also a book worth buying and lending to your friends!

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