



# Candy and Me: A Love Story

*Hilary Liftin*

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## **Candy and Me: A Love Story** Hilary Liftin

As a seven-year-old child, Hilary Liftin poured herself a glass (or two) of powdered sugar. Those forbidden cups soon escalated to pound bags of candy corn and multiple packets of dry cocoa mix, launching the epic love affair between Hilary and all things sweet. In *Candy and Me: A Love Story*, Liftin chronicles her life through candy memories and milestones. As a high school student, Hilary used candy to get through track meets, bad hair days, after-school jobs, and her first not-so-great love. Her sweet tooth followed her to college, where she tried to suppress the crackle of Smarties wrappers in morning classes. Through life's highs and lows, her devotion has never crashed -- candy has been a constant companion and a refuge that sustained her.

As Liftin recounts her record-setting candy consumption, loves and friendships unfold in a funny and heartbreaking series of bittersweet revelations and restorative meditations. Hilary survives a profound obsession with jelly beans and a camp counselor, a forgettable fling with Skittles at a dot-com, and a messy breakup healed by a friendship forged over Circus Peanuts. Through thick and thin, sweet and sour, Hilary confronts the challenges of conversation hearts and the vagaries of boyfriends, searching for that perfect balance of love and sugar.

Written with a fresh dry humor that will immediately absorb you into Liftin's sweet obsessions and remind you of your own, *Candy and Me* unwraps the meaning found in the universal desire for connection and confection. Treat yourself to *Candy and Me* -- being bad never read so good.

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