

DOUG PEDERSEN

# TUNA BREATH

A 275-POUND TEENAGER'S COMING OF AGE STORY



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## **Tuna Breath: A 275-Pound Teenager's Coming of Age Story** Doug Pedersen

Written from the unique experiences of Doug Pedersen, this self-improvement book--disguised as a memoir--is at once funny, poignant, and generous, while offering genuine advice. Providing intimate insights into being a "super fat kid," an insecure teenager, and an over-aggressive, angry, and ironically arrogant Marine who was full of self-pity, Doug shares the negative emotional drivers and responses that drove him through a "binge eating life" before finding physical health, emotional balance, and spiritual wholeness. Tuna Breath invites us to intimately observe a troubling life journey in which the lessons to be learned are truly visceral and inspirational.

## **Tuna Breath: A 275-Pound Teenager's Coming of Age Story Details**

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Author : Doug Pedersen

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## **From Reader Review Tuna Breath: A 275-Pound Teenager's Coming of Age Story for online ebook**

### **Emily says**

I won this book through goodreads first look and was pretty sure I knew what to expect. When I started reading I was pleasantly surprised that the content was very unexpected. *Tuna Breath* is real, raw, emotional, and very hilarious. It gives an in depth look at parts of life that many people choose to ignore. While I was reading I felt like Doug's story was being told to me in person. He has a wonderful way of connecting with readers on new levels. I really enjoyed this book and would recommend it to others.

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### **Molly Anna says**

#### **How do we live our lives? With what world perspective do we move forward?**

*Tuna Breath* is a look into one individual's important journey in finding self and purpose. The anecdotes are satisfyingly amusing, and the overall story inspiring. The first part of this short memoir pales in comparison to the last third of the book, as it takes this long to become acquainted with the narrator, but the reader is rewarded with a profoundly beautiful conclusion – heartfelt sentiments and pure wisdom. I enjoyed reading Pederson's story, all "the ups and the downs."

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### **Elyse Walters says**

Eating Disorders fester in an individual's biological and psychological makeup! We live in a society that prizes thinness sometimes above other qualities.

Yet--food gets in your face all the time! In our homes -schools -restaurants - Theme Parks -Movie theaters - TV - huge grocery stores --fast food chains-- all types of restaurants --etc.

When young children are often left home alone (parents at work) --coming home to an empty house after school with a house filled with 'Costco-Package-Foods' --its a 'potential' unhealthy risk in contributing to a child's binge eating.

Doug Pedersen was a little happy boy ---growing FAT --(unaware of his body until around 5th grade) --- Once he became aware he was 'THE FAT BOY' in school (not called child obesity in those days).... just "HEY, FAT BOY".... "Little Doug", kept those inner painful 'why me' feelings to himself ---and ate more! (understandable)...

This memoir makes a connection between an overload of wrong foods choices kept in the home every day -- with the deeper hunger for a child's needs.

In "Tuna Breath", The first 5 chapters Doug Pedersen gives us a good picture of his family home. We don't see a family with set times for eating -Breakfast-lunch-and dinner. We don't read about happy conversations at meal times. We don't read about food-restrictions of snacks between meals. We don't read about the

parents eating habits. We DO know Doug's older brother was thin.

We also learn from Doug that (for the most part) ---he was happy with his family. He adored his mom - learned good lessons from his dad --and admired his older brother.

Doug just wanted to feel GOOD about himself TOO!!! So----By High School he became one DETERMINE kid to loose his weight HIS way --PERIOD! HE DID it!!! (Was it the best diet?) NOT the point!

Doug did the BEST he could --with the skills he had at the 'time' (little education about nutrition) -and STARVED himself THIN!!! Tuna and oranges were his diet food choices.

As we know with all "eating disorders" (binge eating, anorexics, bulimics, etc.) --no matter how food is tackled --a person STILL must face the deeper issues (themselves)!

In "Tuna Fish" ---Chapters 6 through 9, Doug shows us a bigger picture of how he survived in a world as a THIN man ---successful on the outside -- (life in the Marines: strong physical body -great fitness) --yet was beginning to notice he carried anxiety and shame within: inner hungers which were getting shoved aside in desperation to "look good" being A STRONG FIT MAN.

In Chapter 10 and 11 ---Doug gets to the core of those insatiable desires ---

What is hunger really about?

Its important to have a life that means something to \*YOU\*.

NOTE: I've often written this before: "I never know how to RATE a MEMOIR". Its rare for me to give 'any' memoir 5 stars --- (only once I think)

3+ stars is what I'd really give this small book: I devoured it quickly. I have much respect for this ADULT MAN contributing his story. Eating disorders are often written by females. Other Men/Boys/Parents/kids may benefit.

I see a few things I may have 'coached' 'our sweet author' to have included in this book, but 'so what', ---don't many of us readers have 'our' ideas to add.....lol, (especially if we are reading about a topic we know well?/!).

What I enjoyed MOST about this book was \*\*DOUG PEDERSEN\*\*, the PERSON! This is a decent loving husband-father. His heart sings!

Doug's memoir was personal -- unglamorous in a good way-- a genuine journey"!

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### **Vicki says**

I won this book in a contest, and I really enjoyed it :)

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### **Becky Everhart says**

I really enjoyed this book on several levels. Reading the title, I saw some self-deprecating snark and the

promise of a journey of major self-improvement. I was not disappointed. Pedersen did an excellent job of painting a picture of himself pre- and post-weight loss and the serious issues he was facing. He also was careful to tell what did not work and how unlikely catalysts dodged the bullets and actually made him want to change. The evolution has obviously continued beyond the pages, as this is an aspect of how he now makes his life while helping others.

What I did not like as much was the unevenness of the story. From the get-go, readers are told that this story will help moms understand and possibly motivate their overweight children. Personally, I as a mother found the story to be quite good, but I worry that it might be better aimed towards dads with all of the crass language. That language seems to ebb and flow with how involved he is with the military at a given time within the book, which I do think is interesting. I think there is also a distinct lack of advice coming from a self-help book in disguise, which I think is great, aside from the fact that readers are told the book is a tool but given little clue on how to use it. There are also several spots where the storytelling is very different than the majority of the book, namely the initially sickening part about the cat.

Overall, I had a good time reading the book. I would like to see it be a bit longer and more fleshed out, but as it is, it can give some insight into the overweight child.

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### **Crystal Anders says**

\*I received this book for free in a Goodreads giveaway.

In this story we meet Doug. He is an insecure, angry, and overweight teen because of his binge eating. After graduating highschool he decides to make a change and lose weight so he can fulfill one of his dreams and join the marines.

There were many times I could relate to what Doug was feeling. Especially with his encounters with the scale, who he refers to as Hannibal. We've all been there. We have all heard the scale telling us ugly things when we don't see the number we think we should see. We can all relate to feeling like we don't fit in because we don't look a certain way. I applaud Doug for making the necessary changes to becoming a healthier person and I hope this book will encourage others to help themselves as well.

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### **Jessica says**

\*\*I RECEIVED THIS BOOK FOR FREE THROUGH THE GOODREADS FIRST READS GIVEAWAY\*\*

The title and cover art led me to believe that this book was mainly about Doug's weight loss journey. Yes, I know the title says coming of Age Story...

The first third of the book, kept on the mark. I was a little annoyed that he lost the weight the wrong way (starvation) and things seemed to just happen for him. I am personally overweight, and reading this gave me less hope for my own loss, and left me aggravated.

The second third of the book, went on a tangent about his stint in the Marines. That part pulled me away from the book, but I pushed through.

The last third of the book, went back into finding himself and tied in the weightloss and other aspects of his earlier years. That part I enjoyed. This would have been a 4 star read had the military portion been left out, and more of his life's challenges would have been left in. The military wasn't a challenge for him so it feel way left out of the book for me.

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### **Roxanne James says**

For me, a good book makes me laugh, cry and think about myself in a whole different light. I did all three with this book. Wow!! What an amazing story of self-actualization! First, I have to say a huge thank-you Doug Pedersen and the Goodreads First Reads Giveaways which allowed me to receive an autographed copy of this book.

#### **\*\* SPOILERY PARAGRAPH \*\***

I wasn't an overweight teenager but I did have a lot of adversity happen to me in my teen years which caused me to turn to food as a comfort and I became overweight as an adult. Like Doug, it wasn't until I identified the source of my "real" issues that I was able to help myself, move on and live a fuller life. Doug's story began with his tales of just trying to "fit in" as the odd kid out and hiding his personal demons by binge eating. Then he traded one vice for another when he joined the military. The story of "Hannibal", the scale, was so funny, I kept recapping that part to my co-worker who also a great laugh. I have a brother (Army) and good friend (Marine) in the military and it was really funny to hear about Doug's time in the core. Their stories were similar but definitely not as funny. When Doug wrote about his grandfather and then about his near-death experience with his mother I cried like a baby. I loved the ending where Doug gives us his acronym for the word "LIFE". I couldn't have put it better myself. Again, what a wonderful story of personal redemption that I hope makes it to the NY Times Bestseller List!

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### **Alyssa says**

Although not wowed by this book I didn't hate it. honestly I didn't feel all that inspired but I appreciated Pedersen's honesty and how he put himself out there, even when he came off as an ass at times.

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### **Rebecca says**

"Tuna Breath: A 275-Pound Teenager's Coming of Age Story" is a memoir that I won on Goodreads.com. It's a story of not only weight loss, but of finding yourself and turning your life and thoughts around. I found it to be an interesting life story. At first, I thought I would be reading about Doug's struggle with weight loss, but that is only a small portion of the book, as he appears to never have rebounded. It's more about his mental growth and battles. He definitely became a very strong, determined person once his mind was set on something. I only wish he did one more thing: stress how dangerous the beginning of his weight loss was, of practically starving himself and only eating tuna when he couldn't stand his hunger anymore. This type of behavior can easily lead to anorexia for many people, not to mention how unhealthy it is by depriving your body of many needed nutrients. He's a very lucky person for not having any common complications that happen for most people when living the way he did at the beginning. That section of the novel should be labeled, "Do not try this at home without doctor supervision!" I did enjoy however, how he discussed how

his negativity grew and how he fought to change it to the positive... something I struggle with myself!

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### **Terri says**

#### GOODREADS GIVEAWAY:

I love the philosophy behind why this book was written. The author starts out so strong and has amazing inspirational quotes from his own life that are uplifting and all readers could relate to. He gets a little long winded and off track for awhile in the middle with the detailed description of his military experience. I much preferred the writing when he was trying to reach out to his readers. He has a stronger writing style when he is trying to motivate others!

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### **Mariah Carey says**

This was a wonderful book, I was iffy about it at the beginning because of the language and attitude but stayed strong and kept reading. It was intriguing and the last chapter was an absolutely amazing compilation of life lessons from this man who kept coping with problems by becoming obsessed and aggressive with new things and activities. He was searching for his own satisfaction and it took him many years to realize how great life is and that it should be appreciated.

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### **Kristen Frankie says**

I'm so glad I won this book and had a chance to read it. I enjoyed the author's look back through his life and learned from the lessons he shared.

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### **Pepper says**

While brutally honest, bittersweet, poignant, and also hilarious at times, I feel truly moved by this book by Doug Pederson.

Tuna Breath is a glimpse into this man's soul that we all have things in common with. I think in this society, we all are a little too hard on ourselves, we judge others by our own insecurities, our fear of failure, and by our own self-loathing. Everyone I know is like this to some extent, myself included.

Doug's grandfather Andy lived as we all should, in the moment and present at all times. As Doug learned this, so should we all. Listening to our hearts, instead of what logic tells us may just be what is needed to survive and flourish in this crazy world.

Thank you, Doug for helping me to open my eyes just a little bit further!

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## **Jjudyfl says**

I won this book from Goodreads.

Doug Pederson was a 275 pound teenager who realized that he could lose weight by walking a lot and eating less. Well, duh.

Apparently this had not occurred to him & he discovered this accidentally while working as a security guard and trying to please his boss.

This book isn't meant to be a diet guide (tuna, soda crackers and water) or a training guide (join the MARINES!)

It is a memoir of one man's story of seeking and finding his own inner strengths.

I'm not jumping up and down about this book, but it did make me consider some of my own abilities and perhaps some hidden motivators.

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