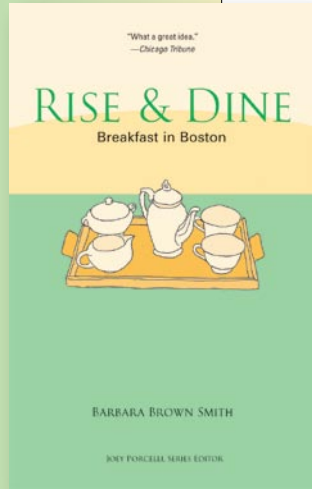


FOR IMMEDIATE RELEASE:

Rise & Dine

Breakfast in Boston

By Barbara Brown Smith



An entertaining and useful behind-the-scenes guide to the best breakfast spots in Boston

Rise & Dine highlights a wide range of unique restaurants to help the reader locate their ideal eating experience

Denver, CO (1/1/2008)—This essential guide to breakfast in Boston details eateries from Harvard Square to Chinatown. The chatty style and witty insights make this an entertaining read as well as a handy pocket reference. Within these pages is all the information needed to help readers find Arabic coffee and a European clientele, or a full Irish breakfast complete with black and white pudding.

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Rise & Dine

Breakfast in Boston

Barbara Brown Smith

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Travel

FULCRUM PUBLISHING, founded in 1984, takes pride in encouraging readers to live life to the fullest and learn something new every day. The company is a resounding voice for independent publishing in the western United States, carrying and promoting over 450 active titles.

Within Rise & Dine: Breakfast in Boston you will find:

- Breakfast/brunch hours
- Pricing
- Healthy options
- Kid-friendly restaurants
- Reference map of locations
- Restaurant profiles and information about what gives them atmosphere

“Stop reading this blurb and buy the book. Take it home and read it. Tomorrow morning you will thank me (and Barbara Smith) for this good advice.”

—Robert Nadeau, restaurant critic, *The Boston Phoenix*



Barbara Brown Smith has spent much of her life writing. Over the years she has been editor of an environmental newsletter, written editorials for WCVB-TV, worked as a general reporter, and written a wine column for the *Boston Business Journal*.

Brown Smith is absolutely and passionately in love with Boston and the region: the neighborhoods, the history, the food, and the people. While researching this guide, she often found herself having just as much fun observing the customers as sampling the cuisine.

For more information on *Rise & Dine: Breakfast in Boston*, please visit www.fulcrumbooks.com.

Editor's Comments

Working long distance with an author, especially when communication takes place mainly via e-mail, can make it harder to establish the author-editor relationship that comes from meeting over coffee or ringing someone up on her cell. Is she wry, serious, silly, driven? With Barbara, from the moment I read her first draft, filled with lively language, humor, and a passion for food rivaling my own, I knew we'd chosen the perfect author for this book, someone readers, and I, were bound to connect with and enjoy. When she e-mailed to tell me she'd found some great shoes for book signings, she put herself over the top, in my eyes: funny, a great writer, and stylish to boot. Who could ask for more?

“Enjoy your breakfast because, after all, it is the most important meal of the day.”

—Barbara Brown Smith, *Rise & Dine*

The author talks about her experiences writing *Rise & Dine*

“Some people say you are what you eat. I say you are who you share life with while you eat. That’s why *Rise & Dine: Breakfast in Boston* isn’t just about the food in these restaurants; it’s also about the people who run the restaurants, serve the meals, sat at the counter next to me, or joined me at my table. It’s about starting the new day in the best possible way; with good people beside you, good food in front of you, at a place that makes you feel at home.

So there’s more to this book than just a list of the 56 best breakfasts in Boston. Instead, it profiles 56 of the most interesting restaurants, another thing entirely. Most of them are well established, and each has a distinct point of view and clientele. . . .

The truth is, I just love Boston. The people here are noisy, opinionated, sentimental, passionate, argumentative . . . and they love to eat. When you get down to it, Boston is a very simple place: it’s about food, politics, sports . . . and hanging out with your friends, all of which you can do nicely at breakfast or brunch.”

(excerpt from *Rise & Dine*)

A percentage of the author’s royalties from *Rise & Dine: Breakfast in Boston* will be donated to the Asperger’s Association of New England.

“As soon as coffee is in your stomach . . . there is a general commotion. Coffee is your ally and writing ceases to be a struggle.”

—Honore de Balzac