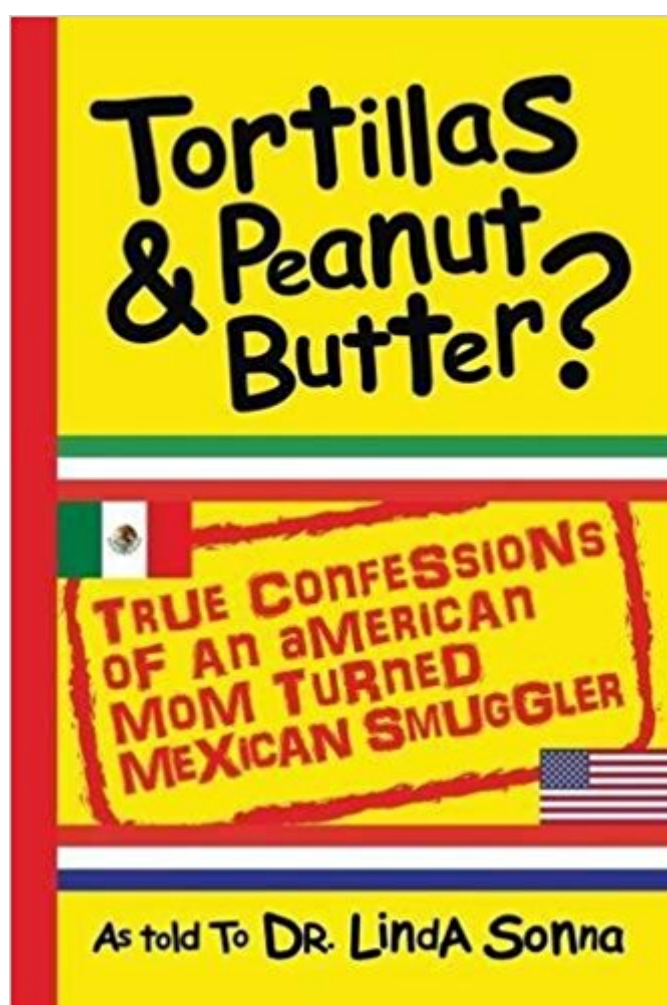


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# Tortillas & Peanut Butter: True Confessions Of An American Mom Turned Mexican Smuggler (Print Book)



## Synopsis

A Kindle Top-10 Bestseller in Humor, Biography/Memoir, Travel/Mexico, Teen & Young Adult Biography  
An everyday suburban housewife liberates herself from her peanut-butter-and-jelly cage and flees to Mexico. While battling the cultural quirks that send less adventurous souls hightailing it back to the U.S., she struggles to learn Spanish, raise her kids, and run a school. She supplements her meager salary by smuggling, using her wily wit and gift for gab to outfox the customs officials. But not all of her border crossings go as planned.- Contains discussion questions for book clubs and multicultural studies courses.- Embedded issues for class discussions include: the effect of the 1960s women's movement & cultural revolution on U.S. families, immigrant adjustment & adaptation, immigrant parenting issues, identity development in 1st generation immigrant children, minority group issues (racism, sexism, prejudice), individualist vs. interdependent cultural values, diverse customs & mores, cultural attitudes toward time (past/present/future orientation), cultural attitudes toward activity (being/becoming/doing orientation), diverse attitudes toward social relations (hierarchical vs. collateral relationships), views of nature (fate/destiny vs. personal mastery/self-efficacy), cultural evolution, expatriate re-integration issues, and culture shock.

## Book Information

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[Parents](#) #215 in [Books > Travel > Mexico > General](#)

## Customer Reviews

"Spot-on for expats, highly entertaining, and absolutely hilarious!" - Lynne Willard, Editor  
"Tortillas & Peanut Butter is a great, fun read, but if you've ever let the word 'can't' dominate your vocabulary, it's much more than that: Lois's optimism, creativity and determination to do what she needs to in

the face of some pretty overwhelming odds are both inspiring and instructive. The fact that the book is jaw droppingly hilarious is just icing on an already tasty cake." - Carol Penn-Romine, Award-Winning Author "Extremely well-written, honest, and delightfully funny; a must read for any foreigner living in Mexico!" - Paul Voudouris, Musician & Expat "The adventure of learning a new culture can be hilarious - as seen through this book!" - Diane Gilliard, Licensed Clinical Professional Counselor "The hilarious story of a Chicago housewife and mother who escapes the vanilla limitations of domestic suburban life for spicy, unlimited adventures and opportunities in the wild west of 1960's Mexico. A funny and entertaining cultural tale!" - Gray Wolf, Shamanic Healer, Expat

Dr. Linda Sonna graduated from the University of Illinois. She practiced psychology, authored ten self-help books; wrote a self-syndicated column; taught psychology at community colleges in Dallas, TX, and at the University of New Mexico in Taos; and served as professor of multicultural counseling at Canada's Yorkville University. In 2005, she moved to Mexico. See [www.DrSonna.org](http://www.DrSonna.org). Lois Sonna Mark attended Roosevelt College in Chicago, IL. She served as journalist, women's editor, and columnist for Chicago's Citizen Newspapers. After immigrating to Irapuato, Mexico, in 1968, she built the Instituto Norteamericano de Estudios Bilingües into a major educational institution and restored the historic Casa de la Inquisición for its campus. She now lives in the U.S.

This is one of the funniest books I have ever read! I lived as an ex-pat in San Miguel de Allende for ten years, about 75 miles from the central Mexican city of Irapuato, near where Linda Sonna raised two boys into their teens, while teaching English and serving as principal and accountant for a school. She broke so many laws while doing so, with great insight into the craziness inherent in much of Mexican culture and the legal system. Expats learn fast how to deal with what seem like incomprehensible bureaucratic red tape and inconsistencies--mainly, accept, laugh, find a way around it, ignore it. Often, she resorted to bribery, but that is less common today as Mexico perpetually seeks to reform its governmental and legal systems. Sometimes, it is just more subtle--expats hire "facilitators" who negotiate such indelicacies. The subtitle, "True Confessions of an American Mom Turned Mexican Smuggler," was so accurate--just about every expat becomes a smuggler to get favorite foods and other goodies across the Mexican border from shopping trips north. Sometimes we do it in reverse. Even today my wife and I drive down to Nogales to bring home some of the foods we came to love in Mexico that rarely can be found even in supermarkets catering to Mexican-American customers in Phoenix. Her favorite meal of tortillas and peanut butter

is still one of ours, too, and Mexican flour tortillas made with lard are much better than the "healthier" tortillas we find in the North. I've written two books myself on living in San Miguel de Allende, and this book made me think about writing another, about the adjustments a long-time expat makes when returning to the US. *Tortillas & Peanut Butter* was actually written by Dr. Linda Sonna, incorporating a first draft by her mother, Lois Sonna, who actually lived these adventures and then let the book slide. It took decades for Dr. Sonna to put all the stories together and add her own touches and make the book her own. It holds up perfectly well. Did I mention it is one of the funniest books I ever read? I kept laughing out loud in Starbucks or anyplace else I was reading the book on Kindle, causing people around me to wonder what was so funny. I kept reading it aloud to friends whenever I started laughing around them while reading. My wife got to hear most of the book because I couldn't stop sharing the stories. Please, read this book, not just because you will learn a lot about what it was like to live as an expat in Mexico some 30 years ago, especially on what it was like to raise kids in a foreign country, but because you need lots more laughter in your life!

*Tortillas & Peanut Butter* is a great, fun read, but if you've ever let the word "can't" dominate your vocabulary, it's much more than that: Lois's optimism, creativity and determination to do what she needs to in the face of some pretty overwhelming odds are both inspiring and instructive. The fact that the book is jaw droppingly hilarious is just icing on an already tasty cake.

I really enjoyed the book until about halfway through it. I got really tired of everything being funny. Yes, I know the book is in "humor", I don't see the humor in your child blowing up the kitchen and almost himself. Another very irritating thing for me was the way the son, Mark spoke. To me, it sounded more Russian than from a Mexican. I tried very hard to finish the book because I live in So. AZ and was enjoying a look into rural Mexican life, couldn't do it. Maybe I will try picking it up again to see how it ends, but right now, I am tired of it. Just my humble opinion.

This book is funny! I recently read Tina Fey's 'Bossy Pants' and was a little disappointed, it wasn't all that funny. This book is funny and well written. It's written by the daughter, Dr. Linda Sonna, but told through the voice of her mother, Lois Sonna. It's the story of a mother of four who in the 1960's decides to leave her unhappy marriage and move to Mexico with her children. With very little money and no profession, she is able to make a life for herself and her children using her wits and more than a little bit of humor. I'm about half way through with the book and am really looking forward to the rest of it. Although I will hate to be done, it is the kind of book I want to keep going on and on!

I met Dr. Sonna at a Halloween party in Ajijic, Mexico. She was wearing a t-shirt advertising several of her books. I was particularly interested in this one because I left Montana 2 years ago to retire in Mexico. The book gives a little idea of what it is like living here, but mostly, it is a hilarious account of a renegade mother dealing with new laws, customs and language. I like it so much I am going to order copies for Christmas gifts for my two sisters-in-law. I think they will enjoy. I think you will enjoy!

A funny story about a very resourceful American woman who leaves her husband and takes her two sons to Mexico. They confront all manner of personal and cultural issues. Her stories about "importing" goods into Mexico to supplement her meager income as a teacher/principal are hilarious.

Since tortillas with peanut butter and jam, and tortillas with peanut butter and bananas, are two of my favourite things to eat, I knew I had to read this book. It's the story of an American woman who leaves a bad marriage and makes a life in Mexico with her children. It's laugh out loud funny and at the same time a little bit sad. I fell in love with the younger son Mark, who spoke English with Spanish grammar, was bullied in school, and seemed a kind generous soul. Mark's devout Catholic phase touched my heart. All in all, a wonderful book that needs to be read by everyone.

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