

FOUR SEASONS AT ANGELINO'S

by Caroline McBride

Culinary chaos and toxic liaisons can't stop Charlotte's fearless quest to find love before it's too late.

Charlotte's vow to replace her devious boyfriend with Mr. Right should be easy for the ambitious restaurant publicist with access to men all over the world. But stir in nefarious colleagues, work romances, and a frenemy, with escapades around the globe, and you'll get a recipe for disaster.

During a downward spiral of calamities in Japan, India, France, Russia, and stateside, the hopeful romantic believes she'll finally savor the sweet taste of victory—and perhaps Wyatt, the elusive teetotaler environmentalist who always rises to the top like a perfect soufflé, is the man to put out her fires and set the butterflies in her stomach free. Yet something is holding him back as he keeps Charlotte in the friendship zone. Will she mature in time to uncover his secrets, or leave him behind as she falls for a new man every season?

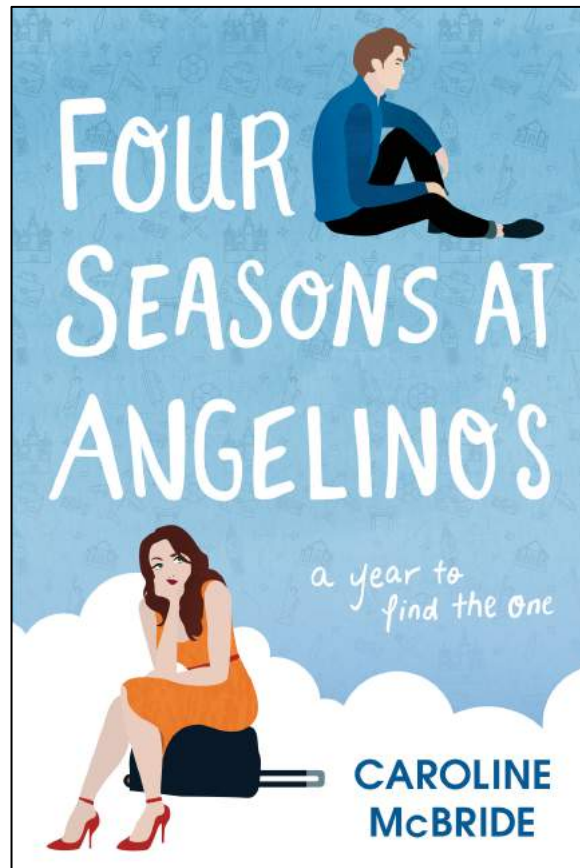
Four Seasons at Angelino's is a modern relationship story about women's empowerment, timing, communication, prioritizing, undeniable chemistry, and all the other ingredients that comprise a delicious dish called love.

“Caroline McBride takes a fun-loving satiric bite out of New York's hyper charged restaurant world filled with over the top characters that those in the know may even recognize. It's both sharp and sweet, like any good meal!”

—**Jennifer Gould Keil**, *New York Post* columnist

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Caroline McBride is a publicist who spent the past decade marketing, branding and launching restaurants across the globe as the Director of Public Relations for Serafina Restaurant Group, as well as consulting for private clients. She grew up in Southern California and attended college in Los Angeles to earn her B.A. in Political Science at Loyola Marymount University. She holds an M.A. in International Relations from the Universiteit van Amsterdam in The Netherlands where she studied as a Rotary International Ambassadorial Scholar.

Four Seasons at Angelino's is McBride's debut novel. She was encouraged by the love of her life to venture into writing fiction as a creative outlet inspired by her work experiences and personal escapades around the world.

When she's not on the road working, reading, writing and trying new restaurants, McBride divides her time between Los Angeles and New York City. You can visit her online at www.carolinemcbride.com.



A Conversation with Caroline McBride:

Q: What inspired you to write *Four Seasons at Angelino's*?

A: The love of my life inspired me to write this novel. He was an avid reader and we frequently discussed literature, visited bookstores, and exchanged books as gifts. After enduring ramblings about my travels, often detailing my chaotic work exploits across the globe, he teased me about writing a book. Naturally, he was pleased when I told him that I was actually going to do it. Compelled to write my favorite genre, romantic comedy, I decided to integrate international cities. I began composing a different novel, but then quickly shelved it to write a story incorporating the restaurant industry because I've spent over a decade as a restaurant publicist. Using Mark Twain's logical approach to "write what you know," I channeled my experiences traveling around the world opening restaurants, dating in New York City, navigating long distance and international romances, and questioning special friendships that appeared to be more than platonic. *Four Seasons at Angelino's* is ultimately a composite of colorful characters and situations I've witnessed in my personal and professional interactions, mixed with imaginative ingredients to cook up a savory tale.

Q: What do you hope are the biggest takeaways from the book?

A: Perhaps I'll humanize the undertaking that goes into every restaurant opening and all the meals served thereafter—it takes team effort and a whole lot of work! And while cocktails can be very sexy, we see that Charlotte is never at her best while under the influence. There's a PSA to drink in moderation and don't lean on meds as a crutch. Meanwhile, the international adoption episode in the novel stems from several years I spent fundraising on behalf of foster children. It was included in the story to hopefully ease anxiety for women stressed out about their baby clocks exploding by reminding them that other options can bring a child into their lives.

Ultimately, while Charlotte tries to control her destiny by giving herself a year to find "the one," the book shows that everything is meant to happen at the right time, you can't rush love. When it comes to romance, you might be too distracted to notice that your soulmate is the friend standing right in front of you.

Q: What drew you to the romance genre?

A: Love ultimately conquers all and prevails in the romance genre. Like most people, I always wish for a happy ending. Romantic comedy lets us laugh along the way.

Q: Do you have a favorite romance author or book? And if so, what is it and why?

A: There are so many talented romance writers and they all inspire me so much. I lean towards contemporary fiction and in my formative years, *Bridget Jones's Diary* by Helen Fielding resonated with me because she created a heroine who embodied single women launching careers and looking for love while grappling with self-esteem issues. Although Melissa Gilbert's *Eat, Pray, Love* is a memoir following her spiritual journey, it always struck me as a romance novel because she finds happiness when she falls in love at the end of the

book. Her story impacted me, and the countries in her book are essentially “characters,” just as the cities are in *Four Seasons at Angelino’s*, rather than mere settings.

More recently I’ve enjoyed fabulous romance books from Josie Silver, Jasmine Guillory, JoJo Moyes, Kate Clayborn, Katie Cotugno and Helen Hoang, to name a few. They all write captivating stories showcasing complexities that arise between people in love.

Q: What is a great piece of advice someone gave you?

A: A wise woman once told me to appreciate the things a man does rather than focus on what he doesn’t do. I applied her advice to subsequent relationships and developed my own conclusion: If you judge a man by his faults, you won’t get very far.

Q: In the book, heroine Charlotte, travels all around the globe? What is your favorite place to have ever traveled?

A: I fall in love with almost every town I visit, and *Four Seasons at Angelino’s* is a love letter to many places I cherish. Each chapter is named after a city and I only write about those I’ve stepped foot in. Using travel to learn and grow, I tend to associate places with specific experiences. Seal Beach is where I was raised and inhaled saltwater air. Boston is where I felt accepted as a teenager because the city is full of pale, freckled people like me. Buenos Aires is where I saw Evita’s Casa Rosada and witnessed protestors pound on the doors of banks. New Orleans is where I had cocktails in the historic home of an advocate who frees convicts wrongfully jailed. Beirut is where I found a slice of heaven in the middle of a war-torn region. Washington DC is where I studied American government during a humid summer high school program. St. Bart’s is where I danced on tables and relaxed. Pebble Beach is where we celebrated last Christmas. Dublin is where meeting the female president inspired me. Rome is where I touched the hand of Saint John Paul II. Southampton is where I rode a bicycle around in circles after a difficult breakup. Amsterdam is where I attended graduate school. Portland is where I perused the world’s largest bookstore. Marbella is where I spent a summer playing tennis and learning Spanish. Bethlehem is where I saw the birthplace of Jesus. The list is endless as I embrace new elements offered by every place. None of these cities are featured in *Four Seasons at Angelino’s*, but there’s one in the book that should be mentioned: New York City. It’s where I became an adult.

Q: What is something readers would be surprised to learn about you?

A: I am extremely private, borderline secretive. I’d much rather listen to your story than reveal mine.



Praise for *Four Seasons at Angelino's*:

“An engaging, fast-paced journey with unexpected twists that will warm the hearts of hopeful romantics.”

—**Rebecca Bienstock**, Pense Media

“Caroline McBride takes a fun-loving satiric bite out of New York’s hyper charged restaurant world filled with over the top characters that those in the know may even recognize. It’s both sharp and sweet, like any good meal!”

—**Jennifer Gould Keil**, *New York Post* columnist

“Just like its heroine, this delightful read is timeless yet modern. You’ll feel like you’re listening to your most intriguing friend as her romantic tale unfolds.”

—**Celia Shatzman**, Journalist