

The Break-Up Diet - Press Quotes

"In Toronto in the late 1990's there was an intelligent, unassuming, earnest musical force that cut right to my heart. Tamara Williamson was no small influence on me and I am thrilled and relieved that she's making music again. (Williamson's) The Break Up Diet is a clever, emotional and intensely personal narrative that takes you, insight by insight; from heart-hollowing suspicions to explosive confrontations to painful introspection; through what is essentially a brilliant musical autopsy of a failed marriage."

- Charles Spearin, Broken Social Scene

"Tamara Williamson is both musician and storyteller, a Boudica of the stage who, in her latest 'The Break Up Diet' act, slays the demons – well, demon, in fact – of a marriage dissolved with song and narration that in her inimitable, fiery style threatens to light up the room in a rhapsodic moment of beautiful, lyric revenge. This is life transformed into devastating art."

- Noah Richler

"I've admired Tamara for years; she cut a certain path of determination for me by having musical conviction long before I understood those stakes for myself."

- Feist

"Someone who can take a room and transpose it onto another plane, a voice without restrictions."

- Martin Tielli (Rheostatics)

2019 Adams Award Winning THE BREAK-UP DIET

Written by Tamara Williamson | Music by Tamara Williamson and Mrs.Torrance.

Toronto Fringe Festival 2019 | July 3-14

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