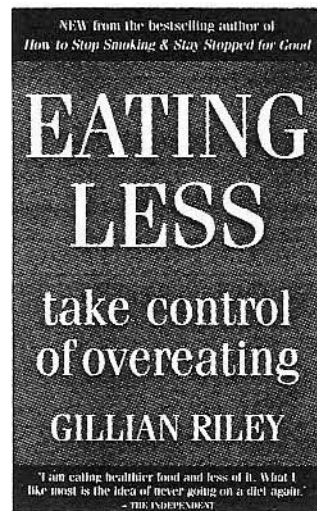


Time Out

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With fad diet and fat counting books flooding the market in anticipation of the New Year guilt trip, Gillian Riley's **'Eating Less'** (Vermillion, £6.99) combines a refreshingly realistic analysis of weight management and food addiction with sound advice on how to take control of overeating.

Riley is an excellent debunker of the myths that have grown up around food, and she is hard on those who criticise the media for employing stick insect models. In answer to the accusation that overeating is a rebellion against our culture's unrealistic expectations of what women should look like, Riley retorts: 'It's true we are bombarded with images of skinny women, but those images do not control your behaviour. *You do*. The fact is that there are women who have managed to make lasting changes in their eating patterns, but the culture didn't change. *They did*. Addicts tend to find something or someone else to blame for their problems... but the liberating truth is that you can take control of your eating in any cultural setting.'

A book to begin reading while the turkey's still in the oven. *Andrew Shields*