

2002 *Times* piece, "The State of the Slice." But Nora Ephron's memory of her "first time" eating pizza is disappointingly brief and hurried, and actor Ed Norton's 79-word cameo appearance in a paragraph about stromboli feels out of place. New York gets the most attention with reviews from all five boroughs, Westchester and Long Island (an eating trip to Italy merits just 10 pages). Levine at least ends on a high note, profiling the top six pie makers he encountered. B&W photos. (Mar.)

HEALTH & FITNESS

AGE-PROOF YOUR MIND:

Prevent, Detect, and Stop Memory Loss—Before It's Too Late

ZALDY S. TAN. Warner, \$24.95 (304p)
ISBN 0-4465-3345-9

Whether readers experience occasional lapses ("Where did I put my car keys?" "Why did I open this closet door?") or are concerned about a family tendency toward Alzheimer's, Tan offers information, exercises, resources and advice to help them sort out whether their memory loss is minor or indicates a deeper problem. The author, who directs a Boston memory disorders clinic, explores the connection between diet and memory and explains the effects Vitamin E, estrogen and alcohol may have on the brain. Some of his advice may seem standard (get fit, eat healthy foods, reduce stress), but other suggestions (ibuprofen and other anti-inflammatory medicines may help prevent Alzheimer's) will likely pique interest. Tan offers a test for readers to check their mental mettle; they can repeat it later to check their progress. The author also provides tips for improving short-term memory, information about Alzheimer's research, a detailed list of clinical trials and even recipes featuring foods high in brain-boosting antioxidants. And while Tan doesn't shy away from noting that mild cognitive impairment, or MCI, can sometimes be a precursor to Alzheimer's disease, his message is empowering: "Making certain lifestyle changes that can decrease the levels of brain... inflammation and sustain intellectual activity may be able to alter the course of MCI." Agent, Stedman Mays. (Mar. 22)

Forecast: According to Warner, recent books on memory have sold exceptionally well (sales of Hyperion's *The Memory Bible* are reportedly approaching 50,000 copies), suggesting a large market for this new work.

CARBOPHOBIA:

The Scary Truth About America's Low-Carb Craze

MICHAEL GREGER. Lantern, \$12 paper
(176p) ISBN 1-59056-086-8

Vegetarian nutrition specialist Greger

dedicates this goal-oriented volume to discrediting the effectiveness and healthfulness of low-carbohydrate diets, especially the ubiquitous Atkins Diet. But the author, creator of www.AtkinsExposed.com, says his book is "not the Dr. Greger Diet versus the Dr. Atkins Diet. This is a century of medical science versus the Atkins diet." In fact, Greger cites hundreds of respectable resources that back up his theories; of the volume's 176 pages, 72 are filled with lists of references. The 104 remaining pages are generally reader-friendly and compelling, although readers might feel that they're stuck in the middle of a mud-slinging war instead of receiving helpful diet advice (for example, Greger points out that "on August 3, 2004, the legal department of the Atkins Corporation sent me a letter threatening to sue me for speaking out against the Atkins Diet on my website," and then spends a chapter refuting the corporation's claims). Still, this is an interesting counterpoint to a diet philosophy that has swept the nation, and it raises valid points that anyone concerned for their health may want to consider before committing to a low-carb existence. (Mar.)

DIABESITY: The Obesity-Diabetes Epidemic That Threatens America—And What We Must Do to Stop It

FRANCINE R. KAUFMAN. Bantam, \$27
(320p) ISBN 0-553-80384-0

Kaufman explains the severity of the obesity/diabetes epidemic this way: "our ancient genes and our modern environment have collided," and so many adults and children are now being diagnosed with the disease that it "imperils human existence as we now know it." The author, who recently served as president of the American Diabetes Association and was instrumental in banning the sale of soda in Los Angeles schools, notes that the sharp increase in the number of diabetics in the U.S. mirrors the increased incidence of obesity (hence the word "diabesity," first used by health journalists in the late 1990s). Her first-rate, important book discusses the diagnosis of diabetes and its subsequent sequelae, the world history of both diabetes and obesity, and, most importantly, what must be done to fix the problem. Not so much a how-to for patients as a call to arms for policy makers and those in the health-care industry, the book intersperses riveting case studies that serve to accentuate the importance of "creating a new normal" mode of behavior in American culture—one that includes eating intelligently and exercising diligently. Kaufman has taken on a difficult topic, but her text is easy to understand and will be useful to many. Agent, Adam Chromy. (Mar.)

UNDOING PERPETUAL STRESS: The Missing Connection Between Depression, Anxiety and 21st-Century Illness

RICHARD O'CONNOR. Berkley, \$23 (320p)
ISBN 0-425-19826-X

According to psychotherapist O'Connor (*Undoing Depression*), the human brain and nervous system cannot process the constant stress that is accepted as inevitable today, resulting in an alarming rise in chronic illness, depression and anxiety. Using current mind/body research, he shows how the brain and nervous system respond to stress; how the body manifests these changes; and how negative patterns become vicious cycles of mental, emotional and physical illness. O'Connor says there are many studies implicating stress as a major factor in heart disease, diabetes, cancer and such difficult to treat conditions as chronic fatigue syndrome and fibromyalgia, but the health-care establishment hasn't been able to adequately help patients make the lifestyle modifications needed for lasting change. To that end, he suggests mindfulness techniques to help readers identify mental and emotional programming and defense mechanisms, make healthy choices and form life-affirming habits. O'Connor's vast subject ranges from everyday stress to deep-seated emotional trauma and serious mental illness, and this work may overwhelm readers in the acute phase of a stress-related condition, although they will likely find O'Connor's compassionate understanding helpful. The book may be of greatest value to professionals who work therapeutically with patients, and readers interested in the mind/body connection who are ready to make major changes in their lives to combat stress. Agent, Jim Levine. (Mar. 1)

MOTHER-DAUGHTER WISDOM: Creating a Legacy of Physical and Emotional Health

CHRISTIANE NORTHRUP. Bantam, \$28
(752p) ISBN 0-553-10573-6

The author of the bestselling *The Wisdom of Menopause* and a certified ob/gyn takes a more expansive look at women's health and how the mother-daughter relationship affects it in this opinionated hand-book-cum-memoir. Northrup's philosophy that "our bodies and our beliefs about them were formed in the soil of our mother's emotions, beliefs, and behaviors" may turn off some readers, while others may take issue with her comment that "some men fear either they or their wives are inferior if they cannot have a son." These theories aren't backed up as much by scientific evidence (although in the latter example, Northrup does cite a 1975 study) as by anecdotes from her life as a mother of two daughters and



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