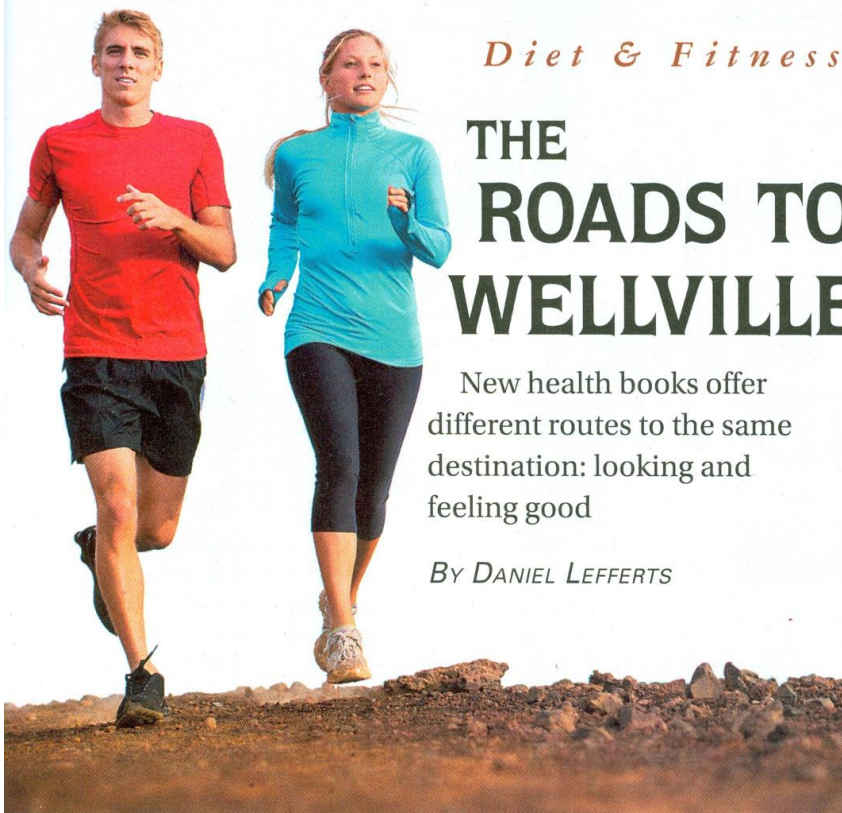


## Publishers Weekly

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### *Diet & Fitness*

## THE ROADS TO WELLVILLE

New health books offer different routes to the same destination: looking and feeling good

By *DANIEL LEFFERTS*

This season, we look at diet and fitness books that fall into two distinct camps: the emotional and the quantifiable. In “Mind over Matter,” you’ll find titles that incorporate mindfulness, meditation, and other spirituality-based practices into everything from weight loss to high-performance athletics. “The Science of Us” looks at data-driven books by nutritionists, M.D.s, and other experts. Plus, we dive into the latest twist on liquid diets: the soup cleanse.

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### Emotional Eating

A number of titles focus on the intersection of food and feelings. *Riding Through Thick and Thin* by Melinda Folse (Trafalgar Square, Jan. 2016) tackles the issue of body image through the author’s account of her weight-related insecurity, and how horseback riding has helped her work through it.

Rebecca Didier, senior editor at Trafalgar Square, says the book is an example of a burgeoning “whole-health approach” to diet and fitness. “Rather than just saying, ‘I need to lose this many pounds,’ [you’re] seeing why you need to make that change,” she says. “You’re more likely to stay fitter for longer if you’re doing it for the right reasons.”

The same feel-good, food-positive approach also shows up in *Gizzi’s Healthy Appetite* (Interlink, out now), by U.K.-based food writer and TV personality Gizzi Erskine. The cookbook delivers recipes based on the idea that healthy eating and enjoyable eating are not mutually exclusive.

“Healthy eating is no longer associated with sacrificing style or flavor,” says Leyla Moushabeck, associate publisher and cookbook editor at Interlink. “It doesn’t have to mean depriving yourself of a little decadence.”

