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Weekend Books

Tastiest of titles

FTER festive excess comes January's traditional wake-up call. Heavy with guilt, not to mention heavy of head and swollen of stomach, the thoughts of many remorseful revellers inevitably turn to losing weight, getting fit and staying sober.
These days there are more

approaches to diets and healthy living than there are barbells in a gym so which advice should we follow? We have picked our 10 favourite new titles to guide you through the fitness minefield...

THE HOLLYWOOD BODY PLAN: 21 Minutes For 21 Days To Transform Your Body For Life

by David Higgins Headline Home, 225 Margot Robbie, Samuel L Jackson and Claudia Schiffer are just some of the A-list stars who

HOLLYWOOD BODY PLAN

swear by the ethods of LA-based personal trainer David Higgins. Robbie, the star of I, Tonya and Mary Queen Of Scots, says he got her into her best-ever

physical shape. Higgins's body plan targets the effects of sedentary living, first by tackling poor posture and physical imbalance, then by showing how we can increase flexibility and rebuild core

With his in-depth knowledge of nutrition, physical therapy and fitness coaching, Higgins claims he can reset your body by working out for

just 21 minutes a day for 21 days. Does it work? The great Samuel L Jackson testifies: "When I met David, broken

physically. But he patiently and caringly

GARRY BUSHELL takes his pick of the lifestyle guides designed to bring a healthy balance to the year ahead

put me together again. His combinations of strength, Pilates, stretching and active release... are nothing short of spectacular."

An important book for anyone who wants to improve flexibility, lose weight and live without the aches and pains that result from contemporary lifestyles.

THE ALCOHOL EXPERIMENT

by Antie Grace
HarperCollins £12.99
If you're planning to take a break
from alcohol, Annie Grace has devised a 30-day programme packed with fresh insights into why we drink and how to take control of our convivial habit. Colorado-raised Grace learnt

about drink dependency the hard way as the vice president of a multinational company.

Now teetotal, she tackles issues like cravings, boredom and the alcohol culture and analyses the effects drinking has on our brains, bodies and

bedroom performance.

A useful follow-up to her first book This Naked Mind, this month-long challenge – subtitled 30 Days To A Sober You – calls a halt to damaging practices and shows how we can redefine our relationship with the bottle.

THE STRESS SOLUTION: The 4 Steps To Reset Your Body, Mind, Relationships &

Purpose by Dr Rangan Chatterjee Penguin Life, £16.99 Stress is the curse of modern life and the cause of more than seven out of 10 GP consultations. If untreated,

> HOLLYWOOD **BODIES: Samuel** L Jackson and

short-term stress can lead to serious long-term problems such as heart disease and strokes. DVT, anxiety, diabetes and

depression.

Many of the solutions are in our own hands, however.

Practising GP Rangan Chatterjee argues that we need to find purpose in our lives, connect with each other in real social situations rather than online, and discover the benefits of calm.

of calm.

Beating stress, he says, boils down to resetting our bodies, relationships and minds. If, like many, you feel you are living your life on autopilot, trapped on a metaphorical treadmill of problems and worries, this is the book for you book for you.

HOW TO RETRAIN YOUR

APPETITE by Dr Helen McCarthy Collins & Brown, £9.99

Most diets are boring, restrictive and bland. "Appetite doctor" Helen McCarthy



explaining how you can "lose weight permanently, eating all of your favourite foods" It sounds too good to be true but McCarthy

takes a different approach by

makes a case for how it can be done simply by eating in tune

with your body.

Many of us, she argues, have lost touch with natural hunger and fullness signals. She shows how bad eating habits develop, which ones you need to change, and how to stop eating when you're full.

We must allow ourselves to get used to mild hunger pangs, sh writes, the better to appreciate the food we love: "You won't need as many high-salt, high-

MY SIX BEST BOOKS ARDAL O'HANLON

ARDAL O'HANLON, 53, found fame as Dougal in the TV sitcom Father Ted. He is currently starring in Death In Paradise. The new series is on BBC1 on Thursdays at 9pm.

DAYS WITHOUT END by Sebastian Barry Faber, £8.99

Faber, £8.99
A highly imaginative story set in the American West, a subject I'm drawn to. It's colourful and picaresque and at the heart of it is a tender gay love story between two soldiers.

THE LONG SONG

by Andrea Levy Tinder Press, £8.99 I have spent the past three summers in the Caribbean filming Death In Paradise and I

have made an effort to ATOMISED

get to know a bit more about the history. This novel blew me away. It's set on a slave plantation and it's grim but complex.

by Michel Houellet Vintage, £9.99 Controversial, perhaps, because his novels are not politically correct. They are told mostly from the point of view of a man who is bored and

addicted to impersonal sex.

I don't agree with his books but they're challenging.

THE DAYS OF ABANDONMENT

by Elena Ferrante Europa, £10.99 Gripping. This is about the end of a marriage and a woman who is having a dramatic mental breakdown. It's quite chilling but very plausible because you're inside the woman's head.

STRAW DOGS by John Gray Granta, £9.99 Philosophy about the human

being's place in the universe. Gray is wry and pithy and he shreds our delusions and

vanities. I found it liberating and consoling.

ULYSSES

Penguin, £9.99
At the risk of seeming pretentious, I've started this

many times and every time I find something different. It's daunting but there are interior monologues which capture the human experience.

CAROLINE REES

to kick-start the new you



VEGGIE APPEAL: Joe Wicks's book is packed with lean recipes

sugar snacks if you only eat when you're hungry."

101 WAYS TO LOSE WEIGHT AND NEVER FIND IT AGAIN

by Scott Baptie Quadrille, £15

Nutritionist and weight-loss coach Scott Baptie has written an easy-to-follow pick-and-mix guide to getting slimmer and staying that way.

The frighteningly healthy Baptie advocates sensible solutions like high-protein breakfasts, high-intensity training, muscle building, and fibre-rich food. He starts by telling us to "ditch the diet mentality" and walk more. His training strategy is that we should begin by picking any three of his 101 suggestions and adopt them for the first month, adding another three

the following month.

In the process he debunks a series of pervasive diet myths.

THE TRUTH ABOUT FAT by Anthony Warner Oneworld, £14.99

Struggling to lose weight? Here's some good news - it might not be your fault. Anthony Warner, AKA The Angry Chef, has written a surprising book on the first world's biggest problem, the obesity epidemic, what causes it and how to deal with it. He

targets widespread myths about why we are getting so fat and the problems caused by pseudo-sciences, the dieting culture and half-baked food fads. He also ponders why

anti-fat prejudice abounds. He concludes that there is no single cause for obesity and no easy answer. His solutions are bold, wide-ranging and

'system-level".
The long-term remedy, he argues, would involve "public health professionals working to upgrade schools, housing, and employment opportunities in local communities, especially the poorest ones; corporations improving the foods they offer; and government taking action

to reduce poverty".

An informed book written with wit and scientific rigour.

VEGGIE LEAN IN 15: 15-Minute Veggie Meals With

Workouts
by Joe Wicks
Bluebird, £16.99
Joe Wicks, AKA The Body Coach, has served up a vegetarian cookbook packed with photos and stuffed with 100 recipes. These range from teriyaki tofu and his "ultimate veggie burger" to snacks such as popcorn cauliflower with chipotle mayo. And they look fantastic.

There's a recipe for creamy butternut pasta which uses no cream and a hefty 30-page section on all-day breakfasts.

The result is an impressive range of meat-free dishes. Some are vegan, others are



simply lean, but all of them can be cooked in 15 minutes. Joe, who isn't a vegetarian, writes: "I used to think veggie recipes were

all boring salads and quinoa, but the more I experiment, the more I see how totally wrong that is." The book comes with three

high-intensity workouts plus bonus workout for abdominal

THE ENERGY PLAN

Vermilion, £12.99

The

Plan

He's worked on the eating habits of Arsenal footballers and Britain's Olympic athletes and now sports nutritionist James Collins has boiled down his insights into simple food principles. Few of us are likely to try out at the Emirates Stadium but Collins maintains his food-as-fuel approach will work for all. He sets out to show how you can reach peak performance by eating and exercising correctly – which of course means

swerving junk food and choosing healthy food packed with energy. In the process you will build your strength and immunity and feel more productive. This

isn't a diet book, it's a guide to new ways of thinking and the science is easy to digest.

GENE EATING: The Science of Obesity And The Truth About Diets by Dr Giles Yeo Seven Dials, £14.99

Internationally renowned scientist Dr Giles Yeo ploughs a similar furrow to Anthony Warner, producing a hard-to-fault book written in a way that entertains as well as it informs.

A world-class geneticist, Yeo looks at the scientific realities of obesity, explaining why we are getting fatter as a people, why some folk are hungrier than others and why most fashionable diets don't work.

He puts cynical marketing ploys, misinformation and "post-truth" diet advice under "post-truth" diet advice under the microscope and finds them wanting. Yeo's study of human appetite is packed with insights and revelations, incorporating up-to-date scientific thinking backed by years of genetic research at Cambridge University. It's an articlist diet book you can anti-diet diet book you can trust.

BALANCE YOUR LIFE by Jodle Kidd & Améde Khellaf-Govett DK, £16.99

Fashion model-turned-TV presenter Jodie Kidd, right, follows a six-week exercise and eating programme devised by the French personal trainer and nutritionist Amélie Khellaf-Govett.
Aimed at people

with busy lives, it includes easy, time-efficient workout routines and nutritious

eating plans. Amélie's programme comes with simple recipes and motivational advice plus her strategies on what to do once the six weeks are over







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ALBUMS JUDGE JULES MY SIX BEST

JUDGE JULES, 52, is a leading dance DJ. He's presented his own Radio 1 show, hosted club nights in Ibiza and released albums of his dance mixes. He will perform at The
Annual Classical
premiere at the Royal
Festival Hall, London, on ministryofsound.com/tours/

BROCKHAMPTON: Iridescence

(RCA)
There's a new movement of

hip hop that has almost made me like hip hop again. This is a great album: classy

and interesting. REJJIE SNOW:

Dear Annie (BMG) I'm half-Irish and Ireland has had an influence on popular music in certain areas but not

in others.
Snow is a rap/urban artist who makes mellow American-sounding R&B and it's gratifying that Ireland is capable of delivering more than Celtic-themed moody

VARIOUS: Ministry Of Sound: The Annual IV

(Ministry of Sound)
I mixed this in the late Nineties and we're now doing an orchestral tour playing these tracks. That time was a sweet spot of dance music, when the clubs were packed.

THE CLASH: London

and have been lucky to travel around the world, but London is my city.

Despite all the crap that's

going on at the moment, it remains the greatest city in the world and this is the greatest homage to it.

JOSÉ PADILLA: Café Del Mar - Volumen Cinco (Manifesto) The Café del Mar is the iconic

chill-out bar in Ibiza. You can't be listening to dance music at 10am but you want something that's got the same kind of mood. It's the daytime soundtrack of Ibiza.

MASSIVE ATTACK: Blue (UMC)

This contains the immortal Unfinished Symphony and the video for it is the best ever made; it's just one long shot of the downtrodden streets of LA. Remarkable.

CAPOLINE REES

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