

LHJ LADIES' HOME JOURNAL®

LADIES' HomeJournal

FEBRUARY 2009

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[BOOKSHELF]



Delicious Reads

Four new books explore the emotional power of food.

♦ *Entertaining Disasters: A Novel (With Recipes)*, by Nancy Spiller. The dinner parties thrown by a successful food writer are star-studded, wit-infused—and wholly imaginary.

♦ *The Big Skinny: How I Changed My Fattitude*, by Carol Lay. This graphic-style memoir shares cartoonist Lay's weight-loss strategies.

♦ *The School of Essential Ingredients*, by Erica Bauermeister. In this novel, members of a cooking class learn more than good knife skills.

♦ *Cooking and Screaming: Finding My Own Recipe for Recovery*, by Adrienne Kane. This memoir recounts how Kane found her calling in the kitchen after suffering a paralyzing stroke at age 21.

[MOVIES]

Chick-Flick Heaven

Escape the gloomy economic news with a night of guilt-free shopping—on-screen, that is. In *Confessions of a Shopaholic*, Isla Fisher plays a financial journalist who navigates new-job jitters, sample-sale cat-fights and a Mr. Big–like beau, all the while in killer clothes that nearly bankrupt her. To research her role, Fisher went to Debtors Anonymous meetings, where she met bargain shoppers, trophy shoppers, even “bulimic” shoppers (splurge and return). “The film highlights the repercussions of consumerism,” Fisher says. “That seems very relevant today.”



SEE THE MOVIE ...

... then read the book. Sophie Kinsella's original best-seller, published in 2001, has spawned four sequels—so far.

Win a collection of romantic movies (details, page 163).



Barry Romantic

We figure that the pop icon

who sang “I write the songs that make the young girls cry” is the go-to guy for a list of all-time best romantic tunes. Barry Manilow, who recently released *The Greatest Songs of the Eighties*, will perform a special Valentine's Day concert in New York City to benefit breast-cancer research. Here are the songs that make his top five:



- 1 “Waltz for Debby”
Bill Evans Trio
- 2 “You Don't Know What Love Is”
Billie Holiday
- 3 “I Can't Make You Love Me”
Bonnie Raitt
- 4 “When October Goes”
Nancy Wilson
- 5 “Dindi”
Frank Sinatra/Antonio Carlos Jobim

Win Barry's new CD (details, page 163).