



## Books Worth Reading

### A Compelling Story Of Food

(NAPSA)—Everyone's appearance is important to them, but to teenage girls, it often goes beyond important to obsessive. *Insatiable: The Compelling Story of Four Teens, Food and Its Power* (Health Communications, \$12.95) by Eve Eliot introduces us to four unfor-



gettable high-school girls whose shame, fear and confusion compels them to use food—or the refusal of it—in misguided attempts to feel safe and in control of their lives.

*Insatiable* tells the true-to-life stories of Samantha, the ice princess, who resists eating to demonstrate her worth to others; Hannah, the lost soul, who expresses her self-disgust by throwing up the food when she is alone; Jessica, the rebel who fools herself into believing that her own self-inflicted emaciation will connect her with her father who died from AIDS; and Phoebe, the dreamer, who only feels happiness is within reach when she's eating.

*Insatiable* is available at bookstores or by calling 1-800-441-5569. More information is available at [hci-online.com](http://hci-online.com).