

Readers search for lift

BOOKSELLERS are reporting a surge in inspirational reading material as people strive to stick to their New Year's resolutions.

After the excesses of the Christmas period, diet books, in particular, are topping the bestseller lists.

Angus & Robertson spokeswoman Fiona King said the new year had brought strong sales of health and self-development books.

"People are generally more motivated to embark on a new diet or exercise program at this time of the year, when the weather is friendlier and when there's so many sporting events happening, like the Australian Open or the cricket," Ms King said.

"There's also more cause to work out when there's the threat of being seen in bathers."

Topping the bestseller list was the unconventional diet book *Skinny Bitch*, which burst on to the charts after Victoria Beckham, aka Posh Spice, was seen buying her copy in July last year.

Dymocks buying manager Meredith Drake said the company's website continued to be flooded with orders

Dina Rosendorff

for the book, and thousands of copies had been sold.

Written by ex-model agent Rory Freedman and former model Kim Barnouin, the irreverent book had sold more than 60,000 copies worldwide so far, Ms Drake said.

Described by the authors as a "no-nonsense, tough-love guide for savvy girls who want to stop eating crap and start looking fabulous", the guide is based on a vegan diet, which means that meat, dairy, sugar, refined flour and sweeteners are forbidden.

Skinny Bitch in the Kitch, the follow-up recipe book, last week reached sixth spot on the *New York Times*' best-seller list in the paperback advice category, and was selling well locally, Ms Drake said.

Besides battling-the-bulge books, Ms King said Allan Carr's *Easy Way to Give Up Smoking* was also selling well.

\$1 million for Life and The Outsiders Edge: The Making of a Self-Made Millionaire get-rich guides were also popular.

Self-help "bible" *The Secret* and *The Rules of the Game* were also still selling well, Ms King said.

How Aussies are living up to New Year's resolutions by stocking up on keep-trim books

Title	Author
<i>Skinny Bitch</i>	Rory Freedman and Kim Barnouin
<i>Calorie Fat & Carbohydrate Counter</i> 35th edition	Allan Borushek
<i>You: Staying Young: The Owner's Manual for Extending Your Warranty</i>	Dr Michael F. Roizen and Dr Mehmet C. Oz
<i>The CSIRO Total Wellbeing Diet Book 2</i>	Dr Manny Noakes and Dr Peter Clifton
<i>The Liver Cleansing Diet</i>	Dr Sandra Cabot
<i>Australian Healthy Shopping Guide: For Weight Loss, Health and Wellbeing</i>	Caron Milham
<i>You: On A Diet: The Owner's Manual for Waist Management</i>	Dr Michael F. Roizen and Dr Mehmet C. Oz
<i>The Great Australian Diet</i>	Dr John Tickell
<i>Eat Right 4 Your Type</i>	Dr Peter J. D'Adamo
<i>Foods That Harm Foods That Heal</i>	Reader's Digest Editors



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