

In Print Turn Off the Fat Genes



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- NEW SERVICE**
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1 Small Hall Free **Each Area**
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Loveseat or Chair **\$49**

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**By NEAL BARNARD, M.D.
HARMONY BOOKS; 2001**

Breakthrough genetic research indicates that genes are not just on/off switches for characteristics we can't control (like gender or eye color). Some genes, including those that shape our bodies, actually adapt to outside influences. In "Turn Off the Fat Genes," Dr. Neal Barnard draws on this cutting-edge research to create a revolutionary new program for activating thin genes and suppressing fat genes, a dramatic tool for sculpting away excess pounds to reveal the healthy, vital body that nature intended.

In "Turn Off the Fat Genes," Dr. Barnard begins by explaining the dynamics of nutrition and its impact on genetics. Once you understand how the genes that control your shape can be influenced, the next step is positive intervention. The heart of Dr. Barnard's book is a three-week gene-control program (complete with menus and recipes) specifically designed to influence the five key genes that determine: (1) which foods you prefer, (2) the strength of your appetite, (3) whether your calories are burned or stored as fat, (4) how fast you burn calories, and (5) your muscular type and ability to exercise. Dr. Barnard's program enables all of us to enjoy the same virtually effortless weight control as the naturally thin people we have always admired.

THE REVOLUTIONARY GUIDE TO TAKING CHARGE
OF THE GENES THAT CONTROL YOUR WEIGHT

TURN OFF THE FAT GENES



**NEAL
BARNARD, M.D.**

AUTHOR OF FOODS THAT FIGHT PAIN
WITH MENUS AND RECIPES BY JENNIFER RAYMOND

Home Across the Road

**By NANCY PEACOCK
BANTAM TRADE PAPERBACK; 2001**
Using the same gifted storytelling skills and original voice that marked her debut novel, Nancy

Peacock has created a haunting drama of two families – one black, one white – and the house that has bound their lives for more than a hundred years.



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"Home Across the Road" begins in 1971 as China Redd is waiting to die in the big old house called Roseberry "which stood as empty as she felt herself to be." In 1861, the white Redds were the owners of the Roseberry plantation, and the black Redds were among the slave families who worked it. China Redd has outlived the last of the white Redds and she is determined to set the record straight about both families and the house that has bound their fate for over a hundred years. It is a family saga filled with tales of theft, snobbery, and betrayal.

"To be honest with you, the racial issue was not the driving force for me when writing this," said Peacock. "I wanted to use this book to illustrate the profound human need for storytelling." And it is the storytelling skills found in "Home Across the Road," which confirm Nancy Peacock's reputation as one of the nation's talented up-and-coming novelists.