

## **A conversation with Leslie Landis, author of “The Art of Overeating: A Bellyful of Laughs About Our Food Phobic Culture”**

### **Why did you write an “Anti-Diet” book?**

We are inundated with conflicting advice about food and weight loss on a daily basis, but we just keep getting fatter. As a clinical psychologist I work with many people struggling to lose weight. I’ve noticed that diets don’t work for a lot of these folks, but humor does.

### **Are you an overeater?**

I’m not overeater, but I crave my childhood comfort foods, like peanut butter and jelly sandwiches, chocolate chip cookies and mac ‘n cheese. I make the world’s best PB&J sandwich. My secret? One word: butter.

### **Should anyone take the advice in your book seriously?**

Only if they want to weigh over 600 pounds.

### **Do you think diet books are good for people?**

Of course. There is a lot of good information in most of those books. But we are hit over the head – or rather – in the stomach with this never-ending information – in books, on TV, in magazines. It’s time have a laugh about it.

### **You are a clinical psychologist. Did you ever work with anyone who had an overeating problem?**

Yes, and I know that shaming people doesn’t motivate them. They just turn off and tune out. So I began experimenting with humor as a tool to deal with their food problems. When I got them to laugh about the issue, it empowered them to make changes. I find that humor helps people recognize important truths about their behavior and become more open-minded to the possibility of change.

### **Do you have any advice for people who want to stop overeating?**

Buy my book and do the opposite of everything in it.

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