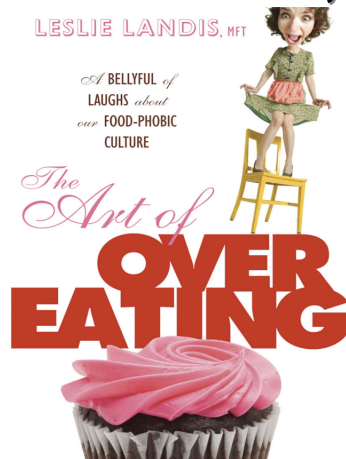


# THE ART OF OVEREATING: A Bellyful of Laughs About Our Food Phobic Culture

By **LESLIE LANDIS, MFT**



Back in the days before diets became “lifestyle” choices and weight loss programs became a national obsession, eating was just one activity that we all had to do that was even – gasp – fun. ***The Art of Overeating*** was written as a response to our food phobic culture. Taking a humorous look at our collective eating foibles can also become a part of the solution. After all, you can’t cram yourself with chocolate when you’re cracking up!

“I wanted to stick my tongue out at our calorie-obsessed culture,” says author Leslie Landis. “I believe finding the funny bone in our phobias is a healthier approach than freaking out about food.” Fascinating food facts and quotes pepper the pages, while witty text and imaginative illustrations encourage us to dig in. The author’s wry style makes it clear she’s not endorsing gluttony, but rather reminding us to have a little fun with our fries.

**Leslie Landis** has been a practicing clinical psychologist since 1999. In that capacity she has helped individuals who eat, spend, avoid, deny, and defy, and has gained many insights about overeating through their experiences. She lives in Southern California with her husband, Martin.

**Title:** The Art of Overeating by Leslie Landis

**ISBN-13:** 978-1402764561

**Publisher:** Sterling (November 2009)

US \$9.95/Can. \$12.95

**Contact:** Hillary Buckholtz, Senior Publicist

**Planned Television Arts (a division of Ruder Finn) Direct: 202-974-5003**

**buckholtzh@plannedtvarts.com | [www.plannedtvarts.com](http://www.plannedtvarts.com)**

**A Division of Ruder Finn**

1667 K. St. NW, Washington, DC 20006

Tel 202-974-5003 Fax 212-715-1664