



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.