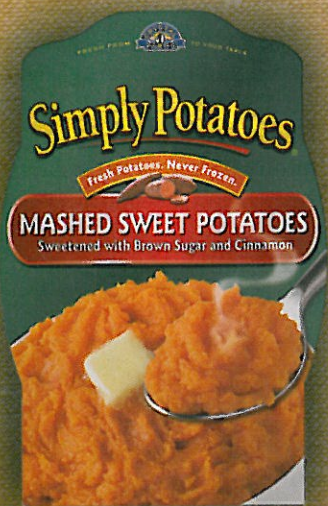


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## Books

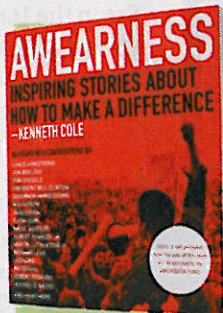
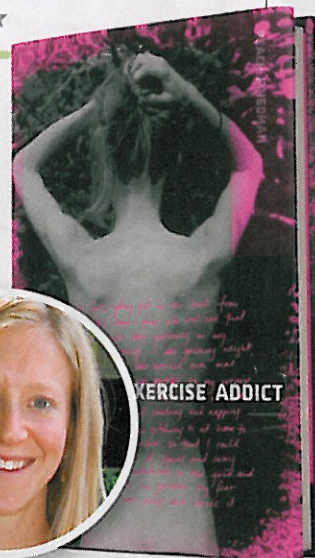
# Diary of an Exercise Addict

by Peach Friedman | ★★★

REVIEWED BY JUDITH NEWMAN

MEMOIR

When you stop eating, it's not only your body that gets small. Friendship, ambition, desire—all is whittled into nothingness. The story's been told before, but Friedman, a poet and now a personal trainer, tells it well. She is especially eloquent on the connection between food and sex: Her appetites—all of them—terrify her. When she begins eating again, running becomes her drug: It numbs her, like a "needle into vein." Recovery for her means becoming a sexual adventuress again. And while we may fear for her a little, we're also deeply glad for her choice.



INSPIRING READ

## HOW TO GIVE BACK

● In Kenneth Cole's *Awearness*, stars share the ways they're making a difference in the world—and you can too.

“After years of reckless behavior and drug addiction, I felt a huge responsibility”

—Elton John, founder of the Elton John AIDS Foundation

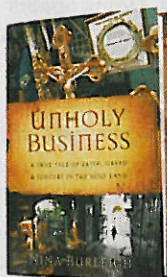


“The best use of my celebrity is to bring focus to an issue that needs it”

—Jamie Lee Curtis, children's health advocate

“[Homelessness] isn't a disease. It's something we—the collective we—can really take hold of and make a difference”

—Jon Bon Jovi, Philadelphia Soul Foundation founder



## FROM OUR CONTRIBUTORS

**UNHOLY BUSINESS** by Nina Burleigh Subtitled “A True Tale of Faith, Greed & Forgery in the Holy Land,” PEOPLE staff writer Burleigh's book takes readers into the murky world that spawned a major biblical relic fraud.

CLOCKWISE FROM TOP: WHITNEY MOSES; SONIA MOSCOWITZ/ISLOBE; STEVE MACCLYNN/IMAGE BYRON PARRIS/SHOMEDIA