



book club

What you need to read

Get cooking, drop 5kg, get the big promotion, read some juicy gossip and be taken on a life-changing journey.

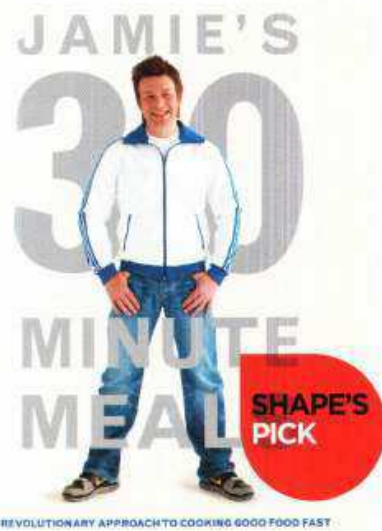
COOKING

Jamie's 30 Minute Meals

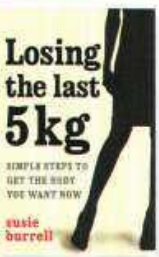
Jamie Oliver, Penguin Australia, \$49.95

Here's yet another Jamie Oliver cookbook to add to your shelf. (When does this man sleep?) It's the same meals from his show, *Jamie's 30 Minute Meals*, which you may have caught recently on Channel 10. Each meal (there are 50 in the book) consists of a main, a few side dishes and a dessert. Surprisingly, his recipes are

getting even easier over the years. There's nothing "chefy" in here - it's all about using tricks and shortcuts, but still having time to do "the little things" that make it look like you've made the effort. A *Shape* favourite is the recipe for what must be the world's easiest banoffee pie (ie, it doesn't require condensed milk). When you choose a recipe, go online to watch the video from the show if you need a helping hand. There's heaps of them on Youtube.



HEALTH



Losing The Last 5 Kilos

Susie Burrell, Hardie Grant, \$19.99

As a consultant dietician to the Parramatta Eels, a specialist weight management dietician for the Westmead Children's Hospital and *Shape's* contributing dietician, Susie Burrell knows a lot about food and diet. She's penned a great book about dropping the last 5 kilograms - notoriously, the hardest weight to shift for most women. Susie details plenty of diets tips and tricks that will help you drop the kgs and importantly details the mindset you need to keep them off. Written in concise, easy-to-read language and full of recipes and diet advice, this book has information you haven't read before, making it a *Shape* top read.

SELF HELP

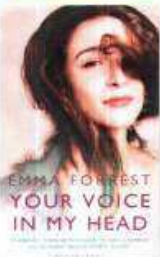


Nice Girls Don't Get The Corner Office 101

Lois P Frankel, Hachette Australia, \$19.99

This book should be essential reading for all career women (especially younger ones just entering the workforce). Frankel takes us through 101 mistakes women make at work that hold them back. Do any of these strike a chord with you? Working without a break; being the conscience; feeding others; decorating your office like a living room; couching statements as questions. If so, you could be unknowingly sabotaging your career. This book will empower you to identify your behaviours and stop or alter them, to help you towards greater success. (Frankel's *Nice Girls Don't Get Rich* is another must-read.)

NON FICTION



Your Voice In My Head

Emma Forrest, Bloomsbury, \$29.99

At 13 Forrest had her first story (on Madonna no less) published in the London Evening Standard. By 16 she had her own column in the Sunday Times, and by 21 she had been published in *Vogue*, *Vanity Fair*, the *Guardian* and the *Independent*. Ambitious? Yes. Talented? No Doubt. *Your Voice in my Head*, is Emma's some-what shocking memoir about grief, loss and her struggle with Bipolar disorder. The content may disturb some people at times, but Forrest writes in a manner that produces laugh-out-loud moments, providing much-needed light relief. Forrest moves in some interesting circles, and she's not afraid to name names.

FICTION



The Help

Kathryn Stockett, Penguin Australia, \$24.95

If only all fiction was this good... *The Help* is one of those books you simply don't want to end. Millions agree - it's been on the *New York Times* bestseller list for over 100 weeks. Set in Jackson, Mississippi, in the 1960s, *The Help* follows three characters - Eugenia "Skeeter" Phelan, a college graduate and aspiring writer; Aibileen, an African-American maid who's helped raise 17 children; and Minny, Aibileen's fiery friend, whose temper impedes her from holding down a job. Skeeter writes an explosive book documenting the stories of the town's black "help". Racial tension and civil unrest ensue. Read the book now before it hits cinemas later this year!