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in smooth, stream-of-consciousness prose, is a chronicle of the author's addictions, principally to food but also to alcohol and drugs. Leith writes about bingeing and being fat (a word he injects into the narrative at every opportunity), about feeling fat even during his thin periods, about

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That same day he left London for New York to interview controversial diet guru Dr Robert Atkins. What started out as a routine assignment set Leith on an intensely personal and illuminating journey into the

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