

***The Elephant in the Room: One Fat Man's Quest to Grow Smaller in a Growing America* by Tommy Tomlinson**

I read *Fast Food Nation*, and vowed to never eat fast food again. But as you might guess, I have. Years later, I come across this nonfiction account of facing up to “everything that was causing me to kill myself one combo meal at a time.” It totally filled hours of transatlantic flying for me, and I never once turned to the plethora of movies available to me at my seat – it was that good. Kudos to the author, whose writing background and skill are clearly evident. He made me see and feel how challenging life can be for the “supersized” individual. How much greater the challenge to reign in those deep-seated urges to eat too much of the wrong things too often. Plus, on a slightly smaller scale, far too many of us have the same problem with our American abundance. A good read to inspire cleaner, more mindful eating!

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