

Book Review

Copyright © 2009 The New York Times

Advice, How-To and Miscellaneous

This Week	HARDCOVER	Weeks On List	This Week	PAPERBACK	Weeks On List
1	ACT LIKE A LADY, THINK LIKE A MAN , by Steve Harvey with Denene Millner. (Amistad/HarperCollins, \$23.99.) Relationship tips from the comedian and host of "The Steve Harvey Morning Show."	15	1	COOK YOURSELF THIN , by the staff of Lifetime Television. (Hyperion, \$19.99.) How to cut calories, change diets and improve health without sacrificing the foods you love.	1
2	THE G-FREE DIET , by Elisabeth Hasselbeck. (Center Street, \$24.99.) Advice for living without gluten, from a television host who suffers from celiac disease.	1	2	THE LOVE DARE , by Stephen and Alex Kendrick with Lawrence Kimbrough. (B&H, \$14.99.) A 40-day challenge for spouses who want to practice unconditional love. (†)	33
3*	MASTER YOUR METABOLISM , by Jillian Michaels with Mariska van Aalst. (Crown, \$26.) A plan for removing toxins and rebalancing hormones to lose weight, by a trainer and coach from "The Biggest Loser" on NBC.	5	3	NATURALLY THIN , by Bethenny Frankel with Eve Adamson. (Fireside, \$16.) Rules and recipes for escaping the diet trap, from a star of "The Real Housewives of New York City."	9
4	THE LAST LECTURE , by Randy Pausch with Jeffrey Zaslow. (Hyperion, \$21.95.) Thoughts on "seizing every moment" from Pausch, a Carnegie Mellon professor who died of pancreatic cancer at age 47.	57	4	HUNGRY GIRL 200 UNDER 200 , by Lisa Lillien. (St. Martin's Griffin, \$19.95.) Two hundred recipes under 200 calories, for breakfast, lunch, dinner and snack time.	4
5	10-10-10 , by Suzy Welch. (Scribner, \$24.) Evaluating decisions based on how they will affect your life in 10 minutes, 10 months and 10 years. (†)	4	5	WHAT TO EXPECT WHEN YOU'RE EXPECTING , by Heidi Murkoff and Sharon Mazel. (Workman, \$14.95.) Advice for parents-to-be. (†)	410
6	THE SECRET , by Rhonda Byrne. (Atria/Beyond Words, \$23.95.) The law of attraction as a key to getting what you want.	122	6	THE FIVE LOVE LANGUAGES , by Gary Chapman. (Northfield, \$13.99.) How to communicate love in a way a spouse will understand.	93
7	IN PRAISE OF STAY-AT-HOME MOMS , by Laura Schlessinger. (Harper/HarperCollins, \$25.99.) Support for mothers, from the radio talk-show host.	4	7	SKINNY BITCH , by Rory Freedman and Kim Barnouin. (Running Press, \$13.95.) Vegan diet advice from the world of modeling.	96
8	MARTHA STEWART'S ENCYCLOPEDIA OF CRAFTS , by Martha Stewart and editors of Martha Stewart Living. (Potter Craft, \$35.) More than 30 techniques for crafters of all skill levels.	3	8	EMERIL AT THE GRILL , by Emeril Lagasse. (HarperStudio/HarperCollins, \$24.99.) Recipes for indoors and out.	1
9	THE DEEN FAMILY COOKBOOK , by Paula Deen with Melissa Clark. (Simon & Schuster, \$26.) Recipes from the extended Deen clan.	5	9	TWILIGHT , by Mark Cotta Vaz. (Little, Brown, \$16.99.) 30 A behind-the-scenes look at the film based on the vampire romance for young adults by Stephenie Meyer.	30
10	BAREFOOT CONTESSA BACK TO BASICS , by Ina Garten. (Clarkson Potter, \$35.) Cooking techniques and nearly 100 new recipes for elegant meals.	18	10	THE BIGGEST LOSER FAMILY COOKBOOK , by Devin Alexander with Melissa Roberson. (Rodale, \$21.95.) Eating healthily on a budget, with 125 recipes and tips from "The Biggest Loser" contestants.	9