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[Review of] Remar Sutton's Body Worry

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Sutton, known for his book on the auto industry (Don't Get Taken Every Time), decided at age 45 to shape up by exercising, changing his eating habits, and eschewing alcohol and tobacco. He chronicled his efforts in a syndicated column (collected and expanded in this book), blending his fears, frustrations, vanity, perseverance, and success in entertaining diary-like entries followed by answers to an imaginary reader's questions. Most of his answers are based upon what he learned from his "body worry" team (including Dr. Kenneth Cooper and David Prowse) and medical literature (cited at the end of the book). Occasional sexist quips may offend some readers, but the focus on health and appearance, as well as Sutton's TV appearances, will attract a large readership.—Robert Aken, Univ. of Kentucky Libs., Lexington