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The Taste of Sweet is a rich layer cake of biology, psychology, chemistry, and culture, all written in a humorous and refreshingly nonjudgmental tone. Finding a treat that's both good and good for you may be hard, but you don't need to look any further than this to find a book that fits the bill.

ROBIN ABRAHAMS

Express Yourself

Break loose from what's trendy and create your own style

We're confronted daily with messages dictating what's stylish: what we should love, hate, buy, or banish. It would seem that style is determined by the arbiters and tastemakers, and has more to do with "brand" than with individual expression (need we invoke Joan Rivers's red-carpet mantra, "Who are you wearing?"). In *Style Statement: Live by Your Own Design* (Little,



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Brown), **CARRIE MCCARTHY** and **DANIELLE LAPORTE** redefine the concept of style with what they call a discover-it-yourself approach. True style, after all, isn't cobbled together from fly-by-night trends; it's honed and shaped through a lifetime of choices. The authors argue that style is at the intersection of spirit and expression, that place between who you've been and who you're becoming.

Style Statement is part profile, featuring quirky yet very real people with their own take on style, and part self-style guide, walking readers through approaches to uncovering their most authentic expression of self. The authors approach the topic from an inquisitive role—a happy departure from the "wear-this!" dictates we often get from the fashion industry.

TERRI TRÉSPICIO

With Extra Sauce

A downhearted boomer consoles himself in cooking school

In rapid succession, **BOB SPITZ** finished writing a massive biography of the Beatles, got divorced, and turned 50. He rebounded with a culinary adventure: a tour of the finest cooking schools of France and Italy, an experience he documents in *The Saucier's Apprentice* (W.W. Norton).

The book entertainingly chronicles what must have been one devil of a good time, and Spitz includes recipes so you can re-create the fun in your own home. Spitz responds to food with intense and dynamic emotions, as though it were a person: A dish can surprise him, disappoint him, amuse him, console him, intimidate him. Despite the recipes, Spitz doesn't make you want to cook like him—he makes you want to cook like a better you. He learns techniques from acclaimed experts but never loses sight of his own vision of cooking, which makes his tale both inspirational and nonintimidating. Beyond the crazy-chef an-