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[The Hungry Years: Confessions of a Food Addict. by William Leith. \(Bloomsbury, £7.99\)](#) I think it is accurate to say that William Leith invented a new kind of journalism: that which makes the ...

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Combining the science of food addiction with memoir, humor, and sociological insights, [The Hungry Years](#) is a book that will force us to look at our culture of consumption in a new way. [This hilarious, self-lacerating memoir of a compulsive eater is a superb book.](#)

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[William Leith's The Hungry Years](#), written 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 dieting--losing weight and gaining more back, losing and gaining.

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[The Hungry Years](#) is a confessional, satirical, wise, tragic, truly original book about addiction, food and what's really inside a fat man that's trying to get out. [The Hungry Years](#) defies categorisation - it's part memoir, part diet book, part comedy, and part sugar rush.

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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 mysteries of hunger and addiction. [The Hungry Years](#) charts new territory for anyone who has ever had a craving or counted a calorie.

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