

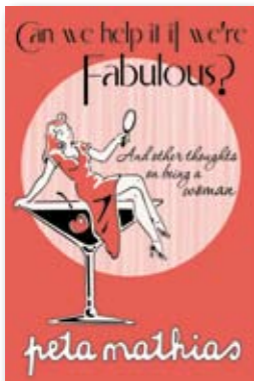
Can We Help It If We're Fabulous?

Peta Mathias

Published by Penguin

Softcover, 261pp, \$35

ISBN 9780143008040



This is an absolutely delightful, laugh-out-loud guide to happiness for women. The only reason Peta can get away with a

book based on her strong opinions is that Peta really is fabulous. I mean who wouldn't want to have run a restaurant in the fifth arrondissement, followed by a career as a travel and food writer, and TV presenter, who still finds time to teach cookery classes for travellers in the south of France and Marrakesh?

I enjoyed some of the so-called "facts" scattered through the book. One such factoid – "According to the UK Woolwich Survey, 29 per cent of women spend more time looking for shoes than they do for a lifetime partner" particularly amused me.

Chapters are dedicated to the things that make women happy: health, food, frocks, music, relationships, sex, travel, work and men, in roughly that order. Peta sums it up: "Women like sex, but they don't seem too fussed by what comes with it." (Dangerous stuff!)

GP Phyllida Cotton-Barker is quoted offering excellent advice on ageing, including doing exercise, not smoking, and filling your life with adventures and possibilities. Age is a topic that concerns most women. As Peta said, when she turned 45 it was a case of "Stuff world peace, it's all about the neck."

Chapters on Peta's own passions, food and music, are particularly enjoyable.

Each chapter in the book ends with a few bulleted take-home points, and one of my favourites was, "My body is a temple with curved walls."

This really is a book of wisdom and good advice that would leave most women feeling empowered and encouraged to be even more fabulous. JY