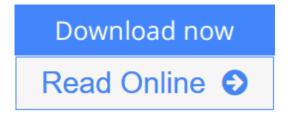


### Dr. Robert Atkins: The True Story of the Man **Behind the War on Carbohydrates**

By Lisa Angowski Rogak



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Only now, after his death, is Dr. Robert Atkins being recognized for his groundbreaking work in the field of diet and nutrition. While counting carbohydrates has become an everyday practice for the adherents to a low-carb, high-fat, high-protein plan, Atkins faced a lifetime of adversity from a medical establishment that scoffed at his radical ideas, even though they proved effective. But many questions still remain about the man and his methods: Was he really overweight when he died? Did he really believe everything he wrote, or was he driven by money and fame? And what happened to the Atkins empire after his death? These questions and more are answered in this revealing, fascinating glimpse into the public and private life of a unique and brilliant doctor and promoter who revolutionized the way we think about food.



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#### **Editorial Review**

#### From Publishers Weekly

This disappointing bio isn't sure if it's meant to dig up and reveal scandal or to study a business/diet plan/trend in American culture and the man behind it. Atkins (1930–2003) is the man behind the low-carb diet mania, of course: the author of numerous books, creator of an eating plan that subverts conventional wisdom and no stranger to controversy. Rogak, who's written books on travel, pet care and Howard Dean, shares glimpses into Atkins's early life in Ohio, his longstanding interest in art and the way in which the low-carb lifestyle developed from a diet practiced by a small group of devotees to a thriving business that captured the attention of millions. Throughout, there's a tendency toward negativity; Rogak copiously quotes Atkins's former classmates and colleagues on the doctor's inflated sense of importance, as well as his consistent efforts to get nurses to go home with him (Rogak apparently did not interview Atkins's widow), although Rogak also says he is "greatly misunderstood." The author's inconsistency in clearly attributing the anecdotes and quotes she presents makes for disjointed reading. In the latter chapters—when Rogak relies more on interviews rather than speculation or quotes from former lovers and competitors—the text's rhythm is smoother. However, the book's uneven tone overall and scant sourcing will likely inspire more skepticism than satisfaction.

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#### About the Author

Lisa Rogak is the author of more than twenty-five books, on topics ranging from nutrition and wellness to cooking and politics. She has written for many newspapers and major magazines, and her books have been covered both by book industry writers and in off-the-book-page media. Her works have been reviewed and otherwise mentioned in *The Wall Street Journal*, *Parade* magazine, *USA Today*, *Family Circle*, and hundreds of other publications. She appeared on Oprah as the featured guest in a show about small towns, to promote her book *Moving to the Country Once and For All*.

Rogak's most recent book, *Howard Dean in His Own Words* (St. Martin's Press, 2003), made the BookSense Extended List in January 2004.

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