

MAY 30-JUNE 5

From the Publishers of **TV GUIDE**

# inside tv

MAY 30, 2005

**DEPARTMENTS**

**DUKES** **90. REVIEWS** The third season of "Six Feet Under" on DVD; boxing drama "Cinderella Man" hits theaters; "American Idol Season 4" CD; diet book "The Portion Teller."

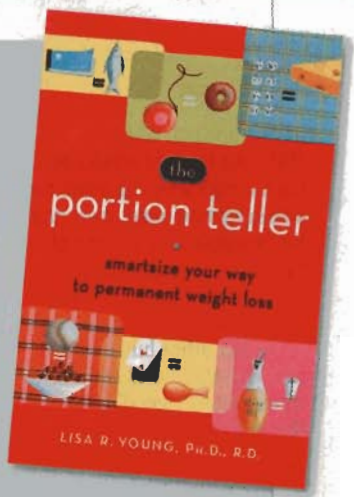
Bo and L... harm, so trouble? ... BS series, which inspired a generation of kids to attempt to enter cars by sliding through the front windows. The show also had an array of random but cool guest stars in Season 3, such as Tammy Wynette and Roy Orbison. Even though the DVD set doesn't have any frills, we highly recommend brushing up on some Hazzard County lore before the movie version (starring Jessica Simpson) hits theaters this summer.

## Books

### PORTION TELLER

by Dr. Lisa Young

Okay, so you've tried Atkins and the South Beach Diet, but still aren't satisfied with your weight loss. How about something new? Dr. Lisa Young takes an approach to eating that's easy to understand—it's all about portion size. Forget counting calories or eliminating carbs. Young wants you to think of food purely in terms of visuals. For instance, a piece of salmon that's the size of three decks of cards represents your entire meat-and-fish serving for the day. The theory may be simple, but the results could be mind-boggling. That's certainly the hope, at least.



### THE WONDER SPOT

by Melissa Bank

The author of "The Girls Guide to Hunting and Fishing" is a master at examining contemporary relationships. Here, a young woman named Sophie Applebaum drifts from guy to guy, her active internal monologue working overtime. Bank introduces us to Sophie's colorful family—including her mother, who wouldn't be out of place on "Desperate Housewives." Bank's soulful prose makes each character memorable.