



TALE-TELLER

Joanne Jowell, author of *Finding Sarah* (Pan Macmillan) – an account of a young woman's battle against bulimia – shares her thoughts with DESTINY

What literature do you prefer and what are you currently reading? I love a mix of literature, depending on my mood and need: chick lit for escapism, literary fiction for creative brainwork, travel writing when I'm housebound. Right now I'm reading *The Good Eater* by Ron Saxen (New Harbinger) and *Sir Vidia's Shadow: A Friendship Across Five Continents* by Paul Theroux (First Mariner Books).

Which books have had the biggest impact on your life? It's probably a toss-up between Alexandra Fuller's *Don't Let's Go to the Dogs Tonight* (Random House), because of its suspense, fabulous word play and relevance, and Bill Bryson's *Down Under* (Black Swan), which wowed me with its intellect and seamless, humorous weaving of history and current affairs.

What's your power principle? Relationships come first. Then books. Then coffee.