

DEATH BY CARBS: A NOVEL BY PAIGE NICK



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"I WAS BREATHLESS RIGHT UNTIL THE END"
- PROF TIM NOAKES



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About the Author

Paige Nick is a Sunday Times columnist, award-winning advertising copywriter, and author of the critically acclaimed novels, *A Million Miles from Normal* (Penguin SA, 2010) and *This Way Up* (Penguin SA, 2011). She is also one third of Helena S. Paige, together with Sarah Lotz and Helen Moffett, a threesome of authors with a series of choose-your-own-adventure erotic novels, now out in 21 countries. *Pens Behaving Badly* (Kwela, 2015), a collection of her Sunday Times columns and the wild letters they've inspired, came out in early 2015. Paige lives in Cape Town, South Africa where she spends an unhealthy amount of time writing.

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DEATH BY CARBS: A NOVEL BY PAIGE NICK PDF

When someone kills dieting guru, Professor Tim Noakes, Detective Bennie September has more suspects than solutions.

It's not a whodunit, it's a who-donut.

Banting culture, otherwise known as the HFLC lifestyle (high fat, low carb), spearheaded by Professor Tim Noakes, has exploded in South Africa and is soon to hit the world.

The Real Meal Revolution (Quivertree, 2013), has sold more than 200,000 copies and is still picking up speed. Noakes is constantly in the South African news for his controversial, game-changing theories. His new book on infant nutrition has just launched as an instant bestseller in South Africa, and The Real Meal Revolution has gone global, launching in the UK in August.

In this hilarious novel, Paige Nick prods and pokes at both the fans and the detractors of South Africa's biggest dieting craze. So whatever side of the debate you fall on, you'll find something to laugh at.

This laugh-out-loud novel will have you spurting bulletproof coffee out your nose.

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3 of 3 people found the following review helpful.

Loved this book

By Amazon Customer

Loved this book, a real page turner that I could have kept on reading. A good few giggles where had while I was trying to figure out who had actually done it!

2 of 2 people found the following review helpful.

A witty satire

By WillW

I had so much fun reading this and I didn't want it to end! The novel has a bit of fun at the expense of the followers of the Banting diet and Tim Noakes, and will have you guessing who killed the Professor right up

until the very end. I especially enjoyed getting into the heads of the characters, each with their own self-serving agendas and issues, each trying to put themselves ahead in the game, at any cost. However with the humour injected into every chapter things never become too serious and you're sure to have a good laugh.

A great read that I would highly recommend!

2 of 2 people found the following review helpful.

As proudly South African as Banting Pap

By LDP

What a fantastic light-hearted spoof novel! I read it on a 2 hour plane trip and it was fantastic. The book pokes fun not only at the banting/Noakes diet fad and the reactions to it, but also touches on a myriad of other truly South African issues. It is a great spoof in the form of a classical whodunnit with a cast of characters that will make you giggle out loud.

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