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Inside the List
By GREGORY COWLES

Forty years after his death, J. R. R. Tolkien is on the hardcover fiction list again, this time with "The Fall of Arthur," which makes its debut at No. 10.

Editors' Choice
Recently reviewed books of particular interest.

Paperback Row
By IHSAN TAYLOR
Paperback books of particular interest.

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THIS WEEK	ADVICE, HOW-TO & MISCELLANEOUS	WEEKS ON LIST
1	THE 100 , by Jorge Cruise. (Morrow/HarperCollins.) A four-week, low-sugar weight-loss plan.	1
2	LIFE CODE , by Phil McGraw. (Bird Street.) How to "win in the real world," regardless of people who try to exploit you.	7
3	THE 12 WEEK YEAR , by Brian P. Moran and Michael Lenington. (Wiley.) Principles for accomplishing more in three months.	1
4	SHRED - THE REVOLUTIONARY DIET , by Ian K. Smith. (St. Martin's.) A six-week system that combines meal spacing and other elements.	4
5	WHEAT BELLY , by William Davis. (Rodale.) An examination of wheat in modern diets and an argument for its elimination.	7
6	THE BAREFOOT SPIRIT , by Michael Houlihan and Bonnie Harvey, with Rick Kushman. (Evolve.) Building a wine brand.	1
7	IT'S ALL GOOD , by Gwyneth Paltrow and Julia Turshen. (Grand Central Life & Style.) Easy, healthy, sugar-free recipes.	7
8	THE FIVE LOVE LANGUAGES , by Gary Chapman. (Northfield.) How to communicate love in a way a spouse will understand.	7
9	EAT TO LIVE , by Joel Fuhrman. (Little, Brown & Company.) A plan for achieving fast and sustained weight loss.	3
10	DARING GREATLY , by Brene Brown. (Gotham.) How the courage to be vulnerable changes the way we live, love, parent and lead. (*)	7
11	THE FAST METABOLISM DIET , by Haylie Pomroy with Eve Adamson. (Harmony.) A program to lose weight by rotating food groups.	7
12	OBAMACARE SURVIVAL GUIDE , by Nick Tate. (Humanix.) An explanation of and arguments against the Affordable Care Act. (*)	7
13	THE ONE THING , by Gary Keller with Jay Papasan. (Bard Press.) Narrowing your concentration and becoming more productive. (*)	7
14	VADER'S LITTLE PRINCESS , by Jeffrey Brown. (Chronicle Books.) Darth Vader is a busy dad.	5
15	WHAT TO EXPECT WHEN YOU'RE EXPECTING , by Heidi Murkoff and Sharon Mazel. (Workman.) Advice for parents-to-	7

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be. (*)

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16 **MY BEEF WITH MEAT**, by Rip Esselstyn. (Grand Central Life & Style.) A firefighter promotes a vegetable-based diet; recipes included. 2

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17 **DINERS, DRIVE-INS AND DIVES: THE FUNKY FINDS IN FLAVORTOWN**, by Guy Fieri with Ann Volkwein. (Morrow/HarperCollins.) The Food Network star goes on the road again. 2

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18 **DARTH VADER AND SON**, by Jeffrey Brown. (Chronicle Books.) The father-son dynamic in a galaxy far, far away. 1

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19 **WHEAT BELLY COOKBOOK**, by William Davis. (Rodale.) Wheat-free recipes. 1

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20 **JUMPSTART TO SKINNY**, by Bob Harper with Greg Critser. (Ballantine.) A fast-acting plan for short-term weight loss. 5

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About the Best Sellers

A version of this Best Sellers report appears in the June 9, 2013 issue of The New York Times Book Review. Rankings on weekly lists reflect sales for the week ending May 25, 2013.

[Read a full explanation of our methodology.](#)