

esis of everything decent and moral." Along with atheism (ignored by many), this view demands that business be completely unregulated, social welfare programs and taxes abolished, and the government, with its support of education, medicine, and infrastructure, rendered nonexistent. Weiss describes how objectivism, aided by wealthy and influential figures, has influenced the deregulation of financial markets, the radicalization of conservative voices, and today's toxic political climate. Despite a good faith effort to understand Rand and her followers, the result reads like a memoir, with Weiss's ample personal commentary, and pays little attention to objectivism's deep philosophical roots. Nonetheless, Weiss poses an important question: will we be a country that values human life and dignity, or one that values only the dollar? *Agent: Richard Morris, Janklow and Nesbit.* (Mar.)

**Guardians of Finance: Making Regulators Work for Us**

**James R. Barth, Gerard Caprio Jr., and Ross Levine.** MIT, \$27.95 (256p) ISBN 978-0-262-01739-8

Despite the complex subject, this incisive book presents a straightforward thesis: the financial meltdown of 2007–2009 happened largely because the "Guardians of Finance" (market regulatory agencies) failed to represent the public interest. In lively prose, Barth (Auburn University finance scholar), Caprio (economics professor at Williams College), and Levine (economics professor at Brown University) review how and why this happened, focusing on changes in organizational structure. The evolution of banks and brokerages from partnerships to limited liability corporations encouraged risk taking and put a premium on expansion, high volume, and quick turnover. For market participants, this was a rational response to the prevailing incentives. Securitization enabled mortgage originators to package bundles of mortgages for sale and pass along the consequences of potential loan default to others, while rating agencies knew that traditional caution might send business to more compliant rivals. Exploding the myth that banks were unregulated during this period, the authors instead ask why regulators were ineffective even

though Fed staff understood "the growing fragility of the financial system in the decade before the crisis." Rejecting rote expansion of regulatory ranks and authority, they propose creating an independent "Sentinel" agency, staffed with experts, to provide "an ongoing assessment that seeks to identify problems with financial regulation *before* they trigger a crisis," and present a strong case for this informed outside perspective. (Mar.)

**Mind over Business: How to Unleash Your Business and Sales Success by Rewiring the Mind/Body Connection**

**Ken Baum, with Bob Andelman.** Prentice Hall, \$16 trade paper (240p) ISBN 978-0-7352-0462-1

Noted sports performance psychologist Baum, with coauthor Andelman (*The Profiler*), shares his process for achieving success in this helpful and ambitious book. The key to Baum's system is developing the mental edge needed to overcome obstacles and take advantage of opportunities. To achieve this edge, he offers a precise system that generates a lasting drive based on individual values, as well as breathing and relaxation techniques including changes in posture, self-talk, and visualization. While Baum justifiably extols the power of a madeup mind, the greatest strength of his program is helping readers to determine what they really want via desire and reward statements, a personal action plan that acknowledges strengths and limitations, and a belief system. He also provides tactics to help rewire your thoughts and showcases ways to reinforce a positive attitude. These steps culminate in achieving a maximum performance state, where the success mindset kicks in automatically. Baum's logical program is highly recommended for those willing to commit to get what they want out of their careers and their lives. *Agent: Jane Dystel, Dystel & Goderich.* (Mar.)

**Talking with My Mouth Full: My Life as a Professional Eater**

**Gail Simmons.** Hyperion, \$25.99 (320p) ISBN 978-1-4013-2450-6

In this entertaining memoir, Simmons, a judge on the reality television series *Top Chef* chronicles her early love of eating and how her passion became a profession-

al calling, landing her in the center of America's obsession with all things food. Following graduation from Montreal's McGill University and unsure about her future, Simmons headed home to Toronto. Securing a newspaper job, she pushed to write food stories. Her editor offered her important advice. "You need a point of view, a way to differentiate yourself. Forget about writing for a while. Go learn how to cook and how to eat." She attended culinary school, then worked at Le Cirque. Moving on, she landed a job as assistant to *Vogue's* food editor, a glamorous and messy position: "To this day, I'm sure I'm the only person ever to attend a *Vogue* meeting with Anna Wintour with goose fat running down my Old Navy T-shirt and onto my Levi's." Simmons reveals the complex backstage choreography unfolding nightly in top flight restaurants and rewards readers with glimpses of the eye-popping Aspen Food & Wine Classic. The author candidly deconstructs the world of reality television and the phenomenon of *Top Chef.* (Mar.)

**The Guardians**

**Sarah Manguso.** Farrar, Straus and Giroux, \$23 (160p) ISBN 978-0-374-16724-0

In 2008, Harris Wulfson, Manguso's longtime friend, walked out of a mental hospital and into the path of an oncoming train. It was two days before his body was identified. In this affecting narrative, poet and writer Manguso (*The Two Kinds of Decay*) threads selected remembrances into an elegy—for Harris, who was a musician and composer, kind and funny and capable of behaving badly, but also an elegy for youth, that time of unstable arrangements and shifting roommates; for Manguso's past, filled with illness and suicidal thoughts; and, perhaps most of all, for a friendship. Manguso reminds us that long friendships are a palimpsest of love and disappointment and memory; old friends are a compass for one's life. Manguso puzzles over the thought of what becomes of a friend after death? as well as feelings of grief, guilt, and anger, and what separates the mentally ill from the rest of us (less than we think, she concludes). In the end, Manguso writes with assured and poetic prose. (Mar.)

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