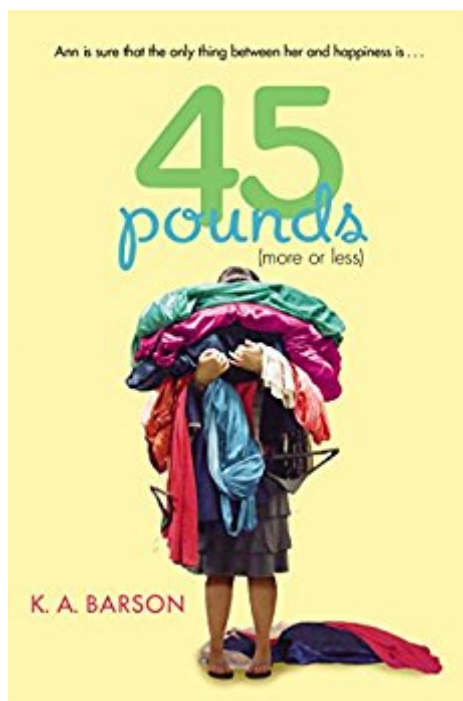


The book was found

# 45 Pounds (More Or Less)



## Synopsis

Here are the numbers of Ann Galardi's life: She is 16. And a size 17. Her perfect mother is a size 6. Her Aunt Jackie is getting married in 2 months, and wants Ann to be a bridesmaid. So Ann makes up her mind: Time to lose 45 pounds (more or less). Welcome to the world of informal diet plans, wedding dance lessons, endless run-ins with the cutest guy Ann's ever seen "and some surprises about her not-so-perfect mother. And there's one more thing" it's all about feeling comfortable in your own skin "no matter how you add it up! K.A. Barson's sparkling debut is "deliciously relatable, with a lot of laughter on the side." -- Rita Williams-Garcia, New York Times best-selling author

## Book Information

File Size: 841 KB

Print Length: 272 pages

Publisher: Speak (July 11, 2013)

Publication Date: July 11, 2013

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00AFPVQ6C

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #449,384 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27

in Books > Children's Books > Growing Up & Facts of Life > Health > Weight #186 in Kindle Store > Kindle eBooks > Teen & Young Adult > Literature & Fiction > Social & Family Issues > Self-Esteem #277 in Kindle Store > Kindle eBooks > Teen & Young Adult > Humor

## Customer Reviews

Weight issues in YA are generally really poorly handled. In fact, I can only think of a couple of heroines who aren't very skinny. Considering what a big issue weight is in American society, it's rather startling how few books there are that take that perspective and deal with it in an open, feeling, non-shaming way, and the only book I can think of aside from 45 Pounds is The Girl of Fire and Thorns by Rae Carson, which isn't remotely our society. Though I know there are some others I haven't read, 45 Pounds is still a much-needed book that takes a heartbreaking look at insecurities,

where they come from, and what to do about them. K. A. Barson's debut novel has incredibly strong characterization. From page one, Ann's personality shines through. She's rather funny and intelligent, but, more than anything, she's a mound of insecurities and self-hatred. If, like me, you hated pretty much everything about yourself at some point in your life, you will feel for Ann; I ached and part of me was right back in that place. If you never went through that, I suspect it will be really hard to really comprehend how Ann could think that way about herself. From my own experiences, Ann's thought patterns are wholly accurate. They are also frustrating. She makes so many bad choices, but not for the sake of the plot, the sort of well meaning bad choices that are a part of growing up. Ann really does have a problem with food, and Barson shows this very well. The root of Ann's dietary issues stem from her family. Any stressful situation sends her to the food, a response programmed into her from childhood, one she can't quit, though she wants to. Unhappy with the way she looks, Ann tries fad diet after fad diet, losing a few pounds and then falling off the wagon.

[Download to continue reading...](#)

Argue Less Love More: 5 Communication Secrets For Couples Who Want Less Pain And More Passion  
45 Pounds (More or Less) The Ketogenic Diet: The 30 BEST Low Carb Recipes That Burn Fat Fast!  
Lose 15 Pounds with the The KetoDiet Cookbook in Two Weeks or Less! (The Ketogenic ... for Weight Loss - High-Fat Paleo Meals)  
Law of Attraction: Unleash The Secret Power Within and Learn How To Manifest More Money, More Love, More Success, More Abundance In No Time: (Special Bonus: ... Money, Success, Happiness & Love,)  
Hollywood Babylon Strikes Again!: More Exhibitions! More Sex! More Sin! More Scandals  
Unfit to Print (Blood Moon's Babylon) Less is More : 7 Effective Tips to Declutter and Simplify for More Fulfilling Life: (How to keep your home clutter free, organized & simplified in 5 minutes a day)  
Gardening with Less Water: Low-Tech, Low-Cost Techniques; Use up to 90% Less Water in Your Garden  
Gone Girl: Novel by Gillian Flynn -- Story Shortened into 35 Pages or Less! (Gone Girl: Shortened into 35 Pages or Less! -- Paperback, Hardcover, Audiobook, Audible, Novel,) Summary - After You: Novel by Jojo Moyes -- Story Shortened into 35 Pages or Less! (After You -- Story Shortened into 35 Pages or Less! - Audible, Audiobook, Paperback, Hardcover, Book)  
The Eat This, Not That! No-Diet Diet: Thousands of simple food swaps that can save you 10, 20, 30 pounds--or more!  
Shrink Your Female Fat Zones: Lose Pounds and Inches--Fast!--From Your Belly, Hips, Thighs, and More  
No. 1 Price Guide to M.I.Hummel Figurines, Plates, Miniatures, & More (Mi Hummel Figurines, Plates, Miniatures & More 10th Ed. (Mi Hummel Figurines, ... to M. I. Hummel Figurines, Plates, More...)  
Automating Junos Administration: Doing More with Less  
The Essential Ketogenic Meal Prep Guide: Spend Less Time in the Kitchen and More Time Living Life (Ketogenic Diet Meal Plan, Meal Prep, Ketosis, Meal

Preparation, Batch Cooking, Budget Cooking) Master VISUALLY Windows XP (Visual Read Less, Learn More) Metaprogramming Elixir: Write Less Code, Get More Done (and Have Fun!) Vertical Gardening: Grow Up, Not Out, for More Vegetables and Flowers in Much Less Space How to Grow More Vegetables, Eighth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land Than You ... (And Fruits, Nuts, Berries, Grains,) All New Square Foot Gardening, Second Edition: The Revolutionary Way to Grow More In Less Space The Edible Front Yard: The Mow-Less, Grow-More Plan for a Beautiful, Bountiful Garden

[Dmca](#)