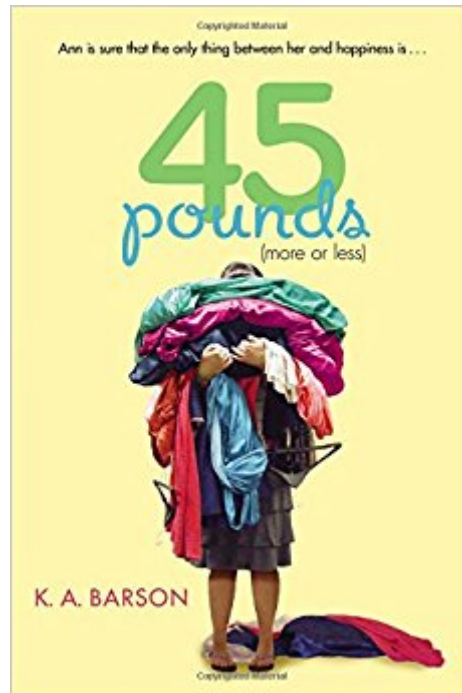




The book was found

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

Lexile Measure: HL570L (What's this?)

Paperback: 272 pages

Publisher: Speak (July 3, 2014)

Language: English

ISBN-10: 0142422657

ISBN-13: 978-0142422656

Product Dimensions: 5.5 x 0.8 x 8.2 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 70 customer reviews

Best Sellers Rank: #657,888 in Books (See Top 100 in Books) #18 in Books > Children's Books > Growing Up & Facts of Life > Health > Weight #621 in Books > Teens > Literature & Fiction > Social & Family Issues > Self Esteem & Reliance #712 in Books > Teens > Literature & Fiction > Humorous

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Gr 8-10-Sixteen-year-old Ann has a big problem. She has just two months to get into a bridesmaid dress for her Aunt Jackie's wedding. She needs to lose 45 pounds, which would be hard enough without the complications of a new job, a cute boy, a mean group of girls, and blended families that leave her caught in the middle-and left out. Her mother is obsessive about her own weight and as the summer wears on, Ann begins to see just how troubled her families are. Telling the story in Ann's wry, realistic voice, this debut author effectively captures society's preoccupation with size and the resulting alienation of an overweight teen. With a chain-smoking grandmother whose

language is peppered with "fat-ass," relatives and friends who are slyly disparaging about her weight, and a mother who constantly prods her about dieting, the message could be heavy-handed. But Barson lightens the tone with almost cinematic humor, ensuring that even the most painful scenes have a slapstick edge. The ticking clock behind the wedding deadline gives the story real momentum, and while the ending is all nuptial jubilation, it is also a realistic summer's end for Ann.-Martha Baden, Prescott Public Library, AZ (c) Copyright 2013. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted. --This text refers to the Hardcover edition.

Sixteen-year-old Ann has dieted plenty of times before, but her aunt's wedding looming just eight weeks away compels her to secretly shell out for the Secrets 2 Success weight-loss system, which delivers icky frozen dinners right to her home. Barson's lighthearted debut mixes pratfalls with serious emotional issues. Mostly it focuses on Ann's struggles to escape the unhealthy relationship to food she has learned from her mother, figure out who her real friends are, and curtail her self-sabotage and let loose with life. Hey, maybe she will even score a date with Dimple Guy. (Though puking on his shoes "classic" doesn't help much.) Nothing you haven't read before, but thoroughly warmhearted and easy to like. Grades 7-10. --Daniel Kraus --This text refers to the Hardcover edition.

Weight issues - always a concern for so many of us. I have read many, many novels on the subject YA and adult, not to mention a ton of non fiction and I am always very interested in how the author tackles such a serious topic. 45 Pounds was a great read. I loved the main character from the beginning and felt for her at every turn (almost). The author did a great job of detailing the issues with weight, especially if you are a young adult struggling to find yourself. Its hard enough as an adult! I also thought the slight "twist" towards the last end of the novel was also very interesting and put everything else in a totally different context for me. My heart ache for much of this book - as I kept asking myself why certain people could be so mean. However, this book is actually quite upbeat and is all about acceptance of people as they are. The only little thing that bugged me was that the main character's voice was not heard very much here. I got a tad frustrated with her when she would have all these "internal" conversations with herself and never managed (for the most part) to ever speak up for herself. I found myself frustrated and yelling at her - "come on, say it, say SOMETHING". This is minor though to the wonderful message found throughout this book. I also want to give a huge shout out to the "grandmother/grand daughter" relationship here - it was one of

my favorite parts.

While this was a cute read, I was disappointed. I had hoped that along the way of the protagonist's journey, I would be taken on my own journey of self-love and acceptance. This was not the case. In fact, the book seemed quite shallow. It had a cute story, but not much else to it.

I was only on page two when I decided I liked Ann. Right off the bat, she was realistic and relatable. Pretty much the entire time I was reading, I was going "Yup!" "Yes!!" "Mhmm!" "Been there, thought that." "I mean, I could go on and on." I literally took eight pages of notes, and over half of them are just me agreeing with things Ann thinks, says and does. Buying incentive clothing. Finding something cute in your size, but walking away because you're ashamed to try it on. Wanting to try on an item of clothing, despite knowing it won't fit. Wondering, just for a second, if that infomercial is for real. Knowing you're fat, hating it, but wanting to eat when stressed. Again, I could go on and on. I absolutely hated Regina and Courtney, more so since there are really people in this world who act like them and think like them. This includes the guy in the pretzel line. And I instantly loved Aunt Jackie, Chris, Jon and Raynee. People like them make people like Regina and Courtney easier to tune out. Throughout most of the story, I hated Ann's mom. It was impossible not to. Her double standards were frustrating beyond words. She was like one big contradiction. Of course, we eventually get her side of the story, and the insight makes you reconsider everything you know about her and everything you thought about her. The most heartbreaking part of 45 Pounds (More or Less) was the storyline involving Libby. I can't say too much without going into spoiler territory, but it really makes you stop and consider the consequences of your actions in regards to the people around you. The end was amazing and incredible. Overall, 45 Pounds (More or Less) is the kind of book I would recommend to anyone and everyone. It's one giant life lesson, without being in your face. It's not preachy or judgmental "It's life, plain and simple. Ann was realistic and likable, from every single thought that goes through her head, to every triumph and stumble she experiences along the way.

As a person who struggled with her weight her entire life, I thought this was going to be another silly book with unrealistic ideals. I was very pleased to find that this was actually a very moving, relatable story. I had my doubts, but within a few pages, I felt tears forming at my eyes! I think girls of any size would like this book, especially those who have struggled with their image... This has become

one of my favorite books, I recommend this to all of my friends. Please give this book a chance, you will not regret it! Told with a very "human" point of view... not wishy washy at all; at times you will be frustrated with the character but that's what makes her REAL!

Well, ok, there was really only one way this book was going to be; kudos to Barson for addressing a sensitive issues with some empathy and... uh, sensitivity. Likes: Ann was likable. Not popular, but not friendless. Her family life was rough, but not devoid of love. Her mom was not perfect, just like, gee, I don't know, every mom that's ever existed; but was a MOM, and finally at the end of the story I found myself connecting with her character, not because of the revelations about her (which I guessed pretty early on), but because I'm a mom and I can see how what happened happened. I loved Ann's crush; he seemed real, like people I knew in high school, not people who go to Forks high school. No insta-love or god-like body, just dimples and kindness. I really wish Raynee was my friend, she's great. Dislikes: None, really, although I felt like it was a very safe book; it touched a sensitive subject without really doing or saying anything that you haven't heard before. It was extremely predictable, is what I'm trying to say, but that doesn't mean I didn't like it, or appreciate hearing it's message the way it was presented. I have a daughter and worry about how to talk to her about food and body and weight, and I think a good reminder here is DON'T talk about it. Anyway, no real dislikes, but it seems like this is what you get when you ask a competent author to write about a teenage girl struggling with weight issues. I didn't feel a lot of inspiration behind it.

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45 Pounds (More or Less) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie (2013) Paperback Less Is More: How To Live With Less Stuff For Greater Health And Happiness (Minimal Living, Minimalist Living Tips) High Trust Selling: Make More Money in Less Time with Less Stress The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More FRUGAL LIVING: MAKE MORE MONEY BY SPENDING LESS (Budgeting money free, How to save money tips, Get out of debt fast, Live cheap, Debt free, Spend less) High Trust Selling (Library Edition): Make More Money in Less Time with Less Stress How to Grow More Vegetables, Ninth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land with Less Water Than You Can Imagine iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose

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