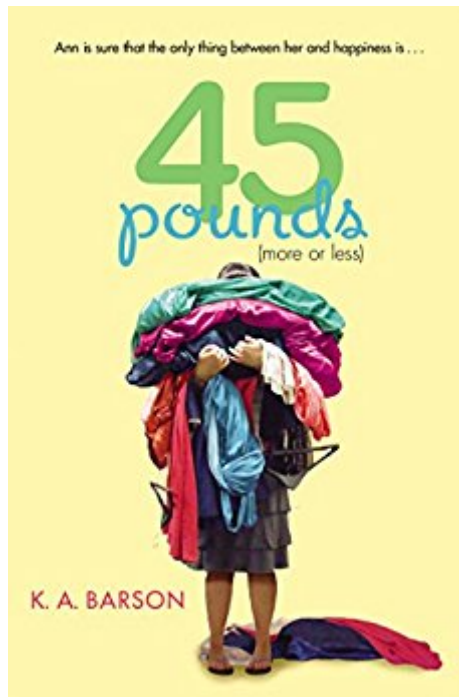


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# 45 Pounds (More Or Less)



## 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

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## 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.

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