

## 45 Pounds More Or Less Ka Barson

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[Why Weight Loss Is All In Your Head | Drew Manning on Health Theory\*\*45 Pounds More Or Less\*\*](#)

45 Pounds (More or Less) is the funniest book I have ever read about an issue that American Teens are facing in this skinny minny world we live in. I have lived Ann's life. I was skinny all my life until I hit 18 years old and then I gained a little weight at college and then I gained weight when I had my children and it is a nightmare.

### **45 Pounds (More or Less) - Goodreads**

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.

### **Amazon.com: 45 Pounds (More or Less) (9780142422656 ...**

I'm so happy to recommend author KA Barson's debut novel 45 Pounds (More or Less). It's a funny contemporary novel about a root-for-her heroine and her dysfunctional family. In this case, the dysfunctionality centers (mostly) around food, since Ann is overweight and has a high-pressure, stick-thin mother.

### **45 Pounds (More or Less) by Kelly Barson, Paperback ...**

About 45 Pounds (More or Less) 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).

### **45 Pounds (More or Less) by Kelly Barson: 9780142422656 ...**

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 informercial diet plans, wedding dance lessons, endless run-ins with the cutest guy Ann's ever seen—and some surprises ...

### **45 Pounds (More or Less) on Apple Books**

So Ann makes up her mind: Time to lose 45 pounds (more or less). Welcome to the world of informercial 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.

### **45 Pounds (More or Less) - Walmart.com - Walmart.com**

Parents need to know that K.A. Barson's first novel, 45 Pounds (More or Less), offers a painfully realistic view of a teen girl's struggles with weight and self-loathing. Ann digs deep into the reasons she finds solace in eating, including exploring her relationship to fast food and the depiction of body images in popular culture ; numerous food and clothing brands (real and fictional) are used in this context.

### **45 Pounds (More or Less) Book Review - Common Sense Media**

45 pounds (more or less) highlights the life of a young girl who faces a daily struggle with the scale and her overbearing mother. For those readers

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that can't relate to her fight with the scale, the book is about a lot more than that.

### **45 Pounds (More or Less) - J.K. Rowling, Lewis Carroll ...**

45 Pounds (more or less) Overview. 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).

### **45 Pounds (More or Less) | K.A. Barson, Author**

45 POUNDS (MORE OR LESS) by K.A. Barson · RELEASE DATE: July 11, 2013. Ann has a weight problem and a mother problem—and the two issues are likely connected. A rising high school junior, Ann has fought (and lost) the weight battle since early childhood.

### **45 POUNDS (MORE OR LESS) | Kirkus Reviews**

45 Pounds More Or Less Book Review: Struggling with poor self-image issues, plus-sized Ann resolves to lose a significant amount of weight before standing as bridesmaid to her aunt, an effort that involves a diet plan, unfortunate dance lessons, and a series of romantic embarrassments.

### **45 Pounds More Or Less ebook PDF | Download and Read ...**

"You'll love this book so much that you'll wish you had a friend like Ann." --Cynthia Leitich Smith <http://www.cynthialeitichsmith.com/>>, New York Times bestselling author Poignant and savvy, 45 Pounds (More or Less) will tug at the heartstrings. Sixteen year old Ann Galardi's life revolves around food, so much so that she is now wearing size 17 and some of those clothes are starting to feel pretty snug.

### **45 Pounds (More or Less) - A Book And A Hug**

45 Pounds (More or Less) by K.A. Barson. 3.81 avg. rating · 4464 Ratings. Here are the numbers of Ann Galardis life: She is 16. And a size 17. Her perfect mother is a size 6. Her Aunt Jackie is getting married in 10 weeks, and wants Ann to be her bridesmaid.

### **Books similar to 45 Pounds (More or Less) - Goodreads**

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.

### **Amazon.com: Customer reviews: 45 Pounds (More or Less)**

45 Pounds (More or Less) is kind of the YA fiction version of The Biggest Loser. Except without all the screaming trainers and backstabbing co-contestants and ridiculous challenges.

### **45 Pounds (More or Less) | 60second Book Review**

45 Pounds (more or less) by K.A. Barson Published by Viking Juvenile Publish Date: July 11, 2013 272 Pages Source: ARC Tour Find It: Goodreads / Amazon / B&N 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 10 weeks, and wants Ann to be her bridesmaid.

### **45 Pounds (more or less) by K.A. Barson Review**

'45 Pounds (More or Less)' is a realistic and difficult portrayal of a teenager named Ann dealing with body image, humiliation (both real and in her head) and the simple pains of growing up.

### **Book Review: 45 Pounds (More or Less) - The Perspective**

Read 45 Pounds (More or Less) by Kelly Barson with a free trial. Read unlimited\* books and audiobooks on the web, iPad, iPhone and Android. 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.

### **Read 45 Pounds (More or Less) Online by Kelly Barson | Books**

45 Pounds (More or Less) by K.A. Barson - moderate wear. All pages free of markings except where noted. Feel free to ask any questions! Seller assumes all responsibility for this listing. Shipping and handling. This item will ship to United States, but the seller has not specified shipping options.

