

45 Pounds More Or Less Ka Barson

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45 Pounds More Or Less

45 Pounds (more or less) by K.A. Barson Let me start out by saying that this book needs to be read by every woman in America (15-80). Ann Galardi is an overweight teen the blurb says she is 16 and a size 17.

45 Pounds (More or Less) - Goodreads

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.

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

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

Ann, the narrator of 45 Pounds (More or Less), learns a lot about herself from dieting and exploring the reasons for her food struggles. She makes significant strides toward healthy living, greater understanding of herself and others, and better self-esteem.

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

45 Pounds (More or Less) by K.A. Barson was a real gem of a read that I'm so glad I picked up. It made me laugh, made me tear up and made me think about this struggle that we ladies, and men too, deal with about the way we look.

45 Pounds (More or Less) by K.A. Barson | Book Review ...

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. Actually, 16-year-old Ann faces enough challenges of her own, just navigating the messed-up world of her family, and the cattiness of high school girls, and the ...

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

Book review of 45 Pounds (More or Less) by K.A. Barson. What I Liked: 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.

45 Pounds (More or Less) by K.A. Barson Book Reviews

45 Pounds (more or less) by K.A. Barson is a book that is about several things actually, but I saw it mainly about Ann's journey into trying to lose weight and then trying to find a healthy lifestyle - including seeing herself in a healthy way, which I loved.

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

SUMMARY: Sixteen-year old Ann is sick of being a size 17. She's tried many crash diets over the years, but if anything, she ultimately ends up gaining more weight than she loses. But this time will be different. She absolutely has to lose 45 pounds before her aunt's wedding in two months. After ...

Review: 45 Pounds (More or Less) (Barson) - Mrs. ReaderPants

8 thoughts on " 45 Pounds (More or Less) - K.A. Barson " Tina July 29, 2013 at 10:40 am. I've heard good things about this book! It sounds like something I would really enjoy! I love books that discuss really serious/deep issues, but that can still be light and not completely depressing.

45 Pounds (More or Less) by K.A. Barson - The Book Addict ...

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 infomercial diet plans, wedding dance lessons, endless run-ins with the cutest guy Ann's ever ...

45 Pounds (More or Less) by Kelly Barson ...

45 Pounds (More or Less) pretty much had me from the snarky excerpt on the back of the book. I thoroughly enjoyed Ann's voice and character. Her journey was realistic and the lessons she learned were beautiful. Enter sixteen-year-old Ann. She's a size seventeen. Her mother doesn't seem to understand why she can't stop eating.

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

Unwisely determined to lose 45 pounds in two months in order to look good in a bridesmaid's dress when her aunt marries her girlfriend, Ann buys a diet program from an infomercial. Her account of suffering horrendous exercise videos and bad food is both funny and sad, and she falls off the wagon several times.

45 POUNDS (MORE OR LESS) by K.A. Barson | Kirkus Reviews

"45 Pounds, more or less," is a story instantly familiar to anyone who's ever had to go on a diet. Here, that is Ann, who is 16, size 17, and gives herself a 10-week deadline to lose 45 pounds — a number that would put her at the high end of her ideal weight range. Difficulty level: High.

Book review: '45 Pounds (more or less)' by K.A. Barson

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

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