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45 Pounds (More or Less) is the

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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.

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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.

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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

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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.

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

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So Ann makes up her mind: Time to lose 45 pounds (more or less).

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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

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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

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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

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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).

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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

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(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

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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.

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"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

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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

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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.

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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.

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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

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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

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/ 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.

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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.

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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

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45 Pounds (More or Less) by K.A.
Barson - moderate wear. All pages

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