



150 Pounds: A Novel of Waists and Measures

Kate Rockland

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Full time bloggers Alexis Allbright, of Skinny Chick fame, and Shoshana Weiner, of Fat and Fabulous stand out in the blogosphere like diamonds. Both have over five million loyal readers. Both are hungry for success. But their similarities end there as they send out directly opposing messages about women, weight and what is healthy.

After being invited as guests on Oprah Winfrey, Shoshana and Alexis are forced into each other's lives but hope never to see each other again. However the result of two exciting life events means a drastic weight change for both of them, and they are forced to confront the real issue at hand: What is the best message to give women about their weight? Should they try and shed it, or learn to love their own skin?

These two writers living across the Hudson River from one another in Manhattan, NYC and Hoboken, New Jersey must put their differences aside as they realize there is no perfect number on the scale.

Shoshana and Alexis, once enemies, will discover they have much more in common than they ever thought possible: by the end of the novel they will both weigh 150 Pounds.

An entertaining yet poignant look at a difficult and pressing issue that will affect all women at some point in their life or other. The book ends with a positive message and a lesson that we can all learn from.

"Ms. Rockland handles an emotional topic sensitively yet head-on. The result is that the reader is left with an inner confidence and somehow more sure of living in their own skin. Every woman who has hangups about her weight should read this."

Laura Pepper, Author of Wow! Glowing Bride in 30 Days

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