

APPENDIX I
SUMMARY OF *45 POUNDS*

45 Pounds is a young adult contemporary novel written by KA Barson In 2013. The story follows Ann Galardi, a 16 year old girl who struggles with her weight and body image. Ann is described as witty, intelligent, and self-deprecating, but she is also filled with insecurities and self-doubt.

The novel begins with Ann receiving an invitation to be a bridesmaid in her Aunt Jackie's wedding. This triggers Ann's desire to lose weight and fit into the bridesmaid dress. Ann feels pressure to conform to social beauty standards and believes that losing 45 pounds will solve all her problems.

Throughout the book, Ann embarks on a weight loss journey, trying different approaches such as infomercial diet plans and exercise routines. However, she soon realizes that losing weight is not as simple as it seems. Ann faces obstacles and setback, and she learns valuable lesson about self-acceptance and the importance of inner strength. As Ann navigates her weight loss journey, she also encounters various relationships and experiences that shape her perspective.

In conclusion, *45 Pounds* is a thought provoking novel that tackles weight issues, self-acceptance, and the journey towards finding confidence and self-love. Through Ann's experiences, readers are encouraged to question societal standards and embrace their uniqueness.

APPENDIX II

BIOGRAPHY OF K.A. BARSON

K.A. Barson, whose full name is Kelly Barson, is a writer known for his novel *45 Pounds*. There is not much information available regarding the complete biography of Kelly Barson. However, based on the information found, Kelly Barson has earned a Master of Fine Arts (MFA) in Writing for Children and Young Adults from the Vermont College of Fine Arts. The available information does not provide further details about Kelly Barson's achievements or awards. However, as a known novelist, her works have contributed to the contemporary youth fiction genre.



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PENGESAHAN REVISI

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