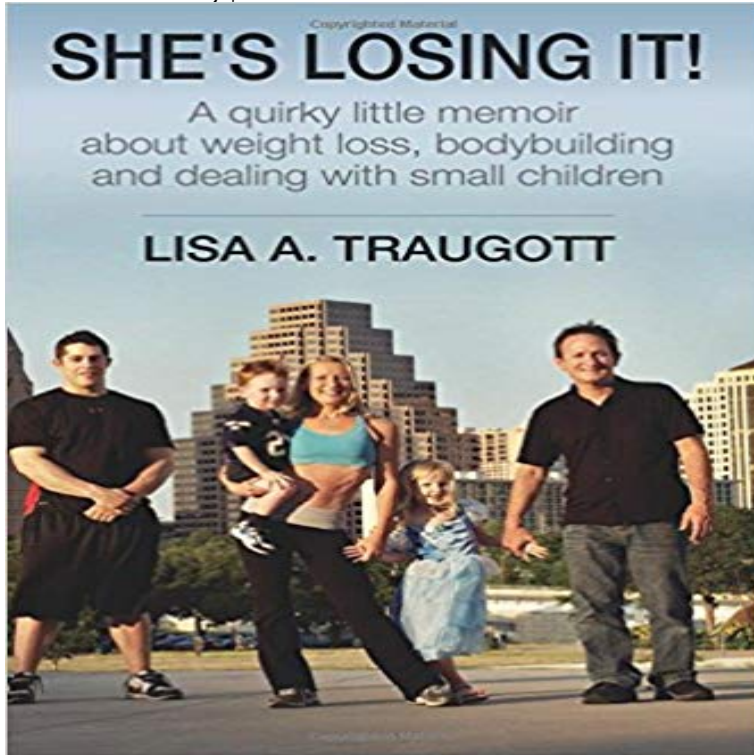


# Shes Losing It!: A quirky little memoir about weight loss, bodybuilding and dealing with small children



Shes Losing It! is a memoir about how Lisa lost 50 lbs. at age 38 by entering a bodybuilding competition. Shes Losing It! is like Pumping Iron, only if Tina Fey played Arnold Schwarzenegger. Ultimately its a Rocky for moms who find the inherent humor in combining strength training with potty training.

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