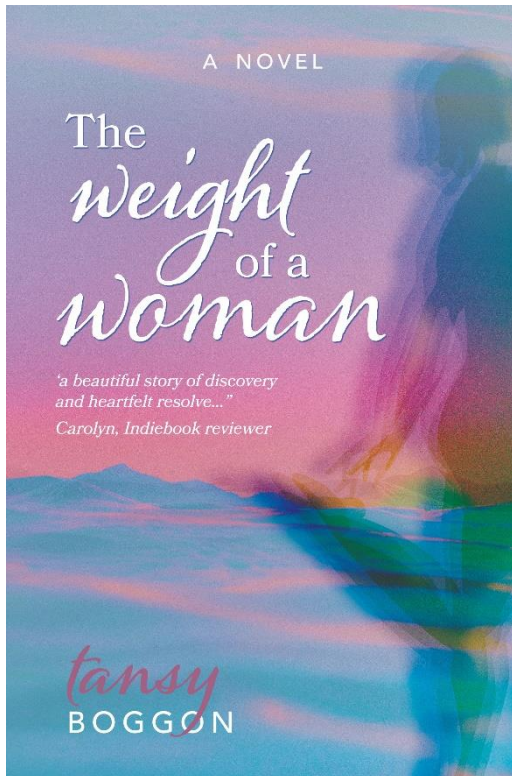


# The weight of a woman

Tansy Boggon



## JENNI KNOWS THERE MUST BE MORE TO LIFE.

She believes her life will finally begin when she loses her excess weight.

As Jenni explores a final desperate attempt to lose weight, she becomes curious about an eccentric new colleague, Norelle, who seems to eat whatever she wants without any noticeable hang-ups. How is this even possible?

Jenni wants to discover Norelle's secret; what she learns not only changes her perspective on her weight concerns but the way she sees herself.

**Jenni comes to understand that the weight of any woman does not determine whether they are good enough or deserving of the love and happiness they crave.**

*"An inspired and thoughtful book for all women who see themselves for less than they really are... A beautiful story of discovery and heartfelt resolve... Wonderful work..." Carolyn, Indie Book reviewer*

ISBN	9781922751331
Publication Date	JULY 28 2022
Genre	Contemporary Fiction, Women's Fiction
Format	Paperback
Audience	General
Location	Christchurch, NZ

**Price available on our site**



## AUTHOR BIO

Tansy is a nonfiction, fiction and children's book author, sharing stories and philosophies to help people break free of diet rules and false beliefs, to enjoy food and being themselves without guilt and shame. She is an Australian qualified nutritionist and recipe developer working in Christchurch, New Zealand. When she is not writing, Tansy enjoys yoga, dancing, experimenting in the kitchen and outdoor adventures on foot and bike.

[www.shawlinepublishing.com.au](http://www.shawlinepublishing.com.au)



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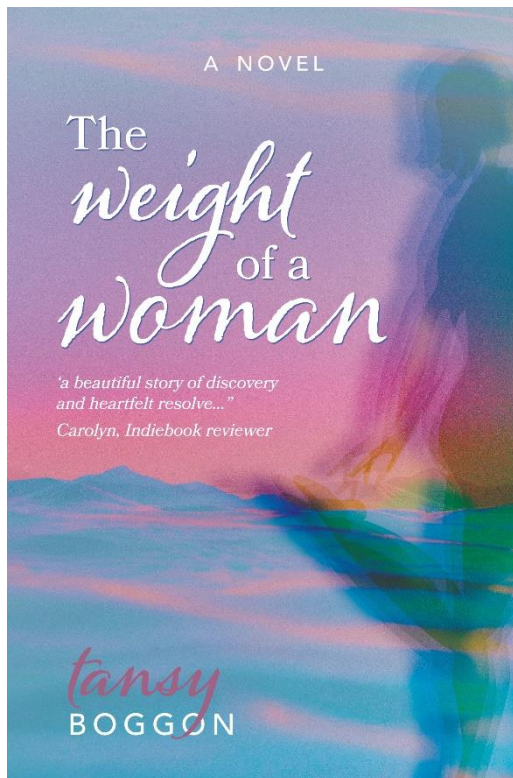
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## A CONVERSATION WITH THE AUTHOR

### WHY DID YOU WRITE 'THE WEIGHT OF A WOMAN'? WHAT WERE YOUR INSPIRATIONS?

*The idea to write 'The Weight of a Woman' came to me in early 2019 while working on the final edits for my self-help book, 'Joyful Eating: How to Break Free of Diets and Make Peace with Your Body'. It occurred to me that not everyone wants to sit down to read a self-help book that encourages self-reflection.*

*I love novels that contain life lessons, and I thought, wouldn't it be fun and maybe more accessible if I wrote a fictional story of one woman's journey to self-acceptance and freedom from diet rules and body shame. The idea was to write something of a bedtime or beachside read that was lighter and more fun while also transformational.*

*And so, the writing began.*

### WHAT DREW YOU TO THE SUBJECT MATTER OF THE BOOK AND ALSO THESE CHARACTERS WITHIN?

*Many women struggle with their weight or believe that they are not good enough, no matter their weight or size. Although entirely fictional, I wanted to write a somewhat truthful book about how many women think about food and themselves.*

*I wanted to create a protagonist that many women could relate to. To do that, I melded many stories and concepts to create a character that typified many women's struggles.*

*I was also intentional in choosing a protagonist who was outside of the healthy BMI range to gently shed light on the fact that we can take action of self-care and compassion at any size.*

*I was also intentional in the other characters as I wanted them to typify the other ways that diet culture shows up in the world. I then chose two characters who do not measure someone's worth on their size or ability to lose weight to show that this is possible.*

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