



# **She's Losing It!: A quirky little memoir about weight loss, bodybuilding and dealing with small children**

*Lisa A. Traugott*

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## **She's Losing It!: A quirky little memoir about weight loss, bodybuilding and dealing with small children** Lisa A. Traugott

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

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