

# SKINNY *Me*

by  
Charlene Carr



## About the Author

Charlene Carr is an ardent lover of words. A voracious reader, her parents used to punish her by taking her books away. These punishments were blessings in disguise - with nothing to read, she created her own stories.

Currently, Charlene is taking a hiatus from her Communications business to focus exclusively on novel writing. She's loving every minute of it ... well, almost every minute. There are days when her characters fight to have the story their way! (And they're almost always right.)

Charlene lives in St. John's, Newfoundland and loves exploring the amazing coastline of her harbour town, dancing up a storm, and using her husband as a guinea pig for the healthy, yummy recipes she creates!

## Book details:

Word count: 70,249

Pages: 158 (print version)

Genre: Women's Fiction

Available from: [Amazon](#) & [Kobo](#)

ASIN: B00N98FTKG

ISBN: 1230000265601

## Contact details:

Email: [charlene.carr@outlook.com](mailto:charlene.carr@outlook.com)

Website: [www.charlenecarr.com](http://www.charlenecarr.com)

Twitter: [@charcarr1](https://twitter.com/@charcarr1)

Facebook: [Charlene Carr - Writing Life](#)

Pinterest: [csmcarr](#)

---

*Sometimes our biggest critic, the person laying down the most judgement, is actually ourselves.*

---

Jennifer Carpenter dreams of being a different person - A person with confidence, a person with beauty, a person who weighs a heck of a lot less.

At twenty seven, her world falls apart. She's out of work, her mother has died, her estranged brother is in a coma and, despite good qualifications, each and every job interview ends in another rejection. Marked by the teasing, taunts, and fat jokes that defined her childhood, Jennifer blames her current lack of success on her ever growing waist band.

In need of a change, Jennifer puts her dream of 'skinny' above all else. Obsessed with this mission, she devotes her life to becoming the ideal version of herself even if it means becoming alienated from the only people who love her. Determined to lose the weight she believes is ruining her life, Jennifer finds herself in danger of losing so much more.

## About *Skinny Me*

*Skinny Me* is a fast paced, in depth look at the complicated scenarios and emotional highs and lows we, as humans, find ourselves in. Jennifer deals with the loss of her mother, the pain of coming from a broken family, and, most pressing, the difficulty of existing in a society that so often judges people by their outward appearance.

*Skinny Me* challenges the reader to focus on the aspects of herself that are beautiful and worthy and to question the way she may treat and view women who either do, or do not, fit society's ideal.