

The Clothesline Diet

By Lisa Mawson

KAREN Gatt lost 67 kilograms in 13 months by not following a fad diet.

Instead, she took charge of her life, changed her eating habits and began exercising.

Recently in Sale promoting her book *The Clothesline Diet* with co-author Sue Smethurst, Karen Gatt is looking fit, healthy and happy — if not a bit exhausted from her hectic lifestyle.

Three years ago Karen decided to lose weight, safely and sensibly.

Embarrassed by her size, she began walking around the clothesline in her backyard.

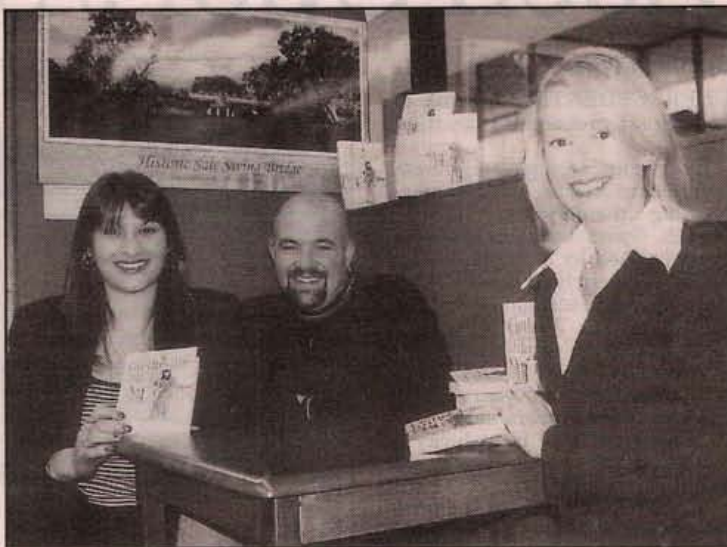
The Clothesline Diet is not only a novel of weight loss but also of Karen's life including the difficult times, from teasing by school children to money problems, separations, IVF and reconciliation.

"We weren't going to leave out the bad bits," Sue said.

"It was warts and all.

"Everyone can relate to the problems and the common thread is how her weight affected her life."

Karen said she found some moments hard because she was



LIFE changing . . . Karen Gatt, her husband Jason and co-author of The Clothesline Diet Sue Smethurst sign books at Collins Booksellers, Sale.

re-living her life.

"But I had to leave it in to encourage others," she said.

"I never thought this would happen in my wildest dreams.

"My life has changed in the past three years."

The Clothesline Diet was first

published in July and has since been reprinted three times.

It is currently number one bestseller in the health category.

Karen Gatt will return to Gippsland on September 10 to further promote her book.