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TALES OF A MODERN WOMAN



The backyard blubber blitz

A lot of circle work has given Karen Gatt riches beyond her dreams

● THIS past week has delivered the sort of weather that hints of a beautiful summer to come.

And with that gorgeous thought comes a terrifying reality — summer signals a time when one must shed one's clothes.

Summer means having to lose weight and tone up. Summer means having to look at the mirror and face the demons of winter past: the calories and fat of winter's hibernation that has manifested in folds, flab and flaccidity.

Sounds wonderful, doesn't it?

While resting my hands most comfortably on my "love handles" and pinching my hips, I was moved to recall the many fad diets that have been all the rage on an almost monthly basis: soup diets, high protein diets and the Kitchen Cabinet favourite, no-carb diets.

Jokes aside, one of the most effective, and commonsense, diets of the past year has been Mel-



burnian Karen Gatt's (pictured left) remarkable story of an obese mother who dropped an incredible 67kg by eating sensibly and power walking around her back yard clothesline because she was too embarrassed to be seen in public.

The book, *The Clothesline Diet* became a monster best-seller, leading to a follow-up book this year, *The Clothesline Diet Club*.

Now it seems the Clothesline Diet craze is going to hit the international stage in a big way, with Hollywood management agency The Firm representing the book's rights in the US.

The Firm manages such names as Cameron Diaz,

Cher, Joan Collins, the Dixie Chicks, Martin Scorsese, Kirk Douglas and the licensing rights to Jennifer Lopez's J-Lo brand merchandise.

"The Firm represents heaps of fabulous people and now us," said the book's co-author Sue Smethurst.

"It's bizarre to say the least. We really are still pinching ourselves."

Publishers in New York are in talks for rights to *The Clothesline Diet*.

But the news doesn't end there. Imagine the Clothesline Diet on television.

"Our agent, Allan Neavins, is also in discussions with the Hallmark channel for a docu-drama style, made-for-TV movie," Sue said.

Across the Atlantic, UK publishers are also interested in the book, but it's the US news that is most exciting at the moment.

In fact, *The Clothesline Diet* story is the sort of thing that would go down a treat on a program such as *Oprah*.

Considering what Ms O's support has done for the fortunes of other authors, we can only hope so.