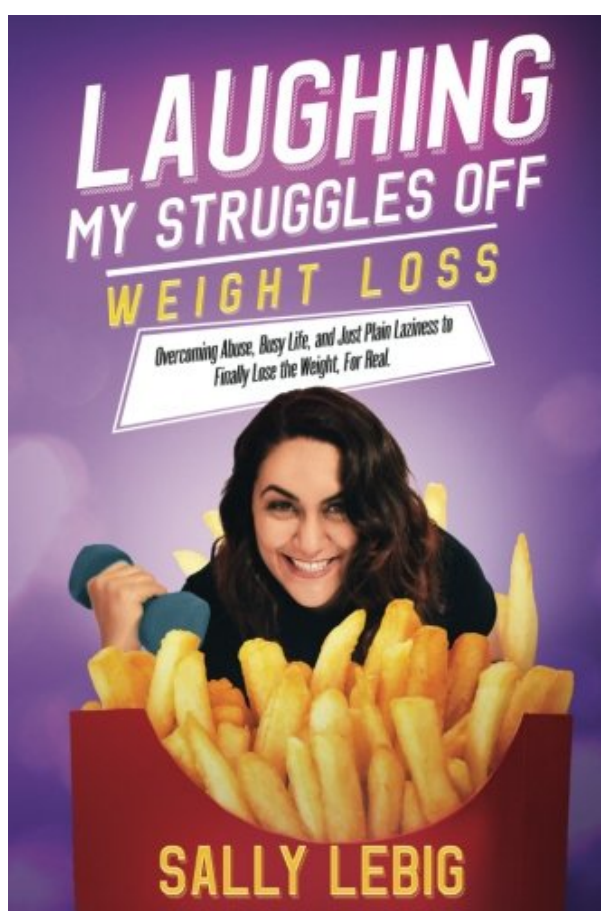
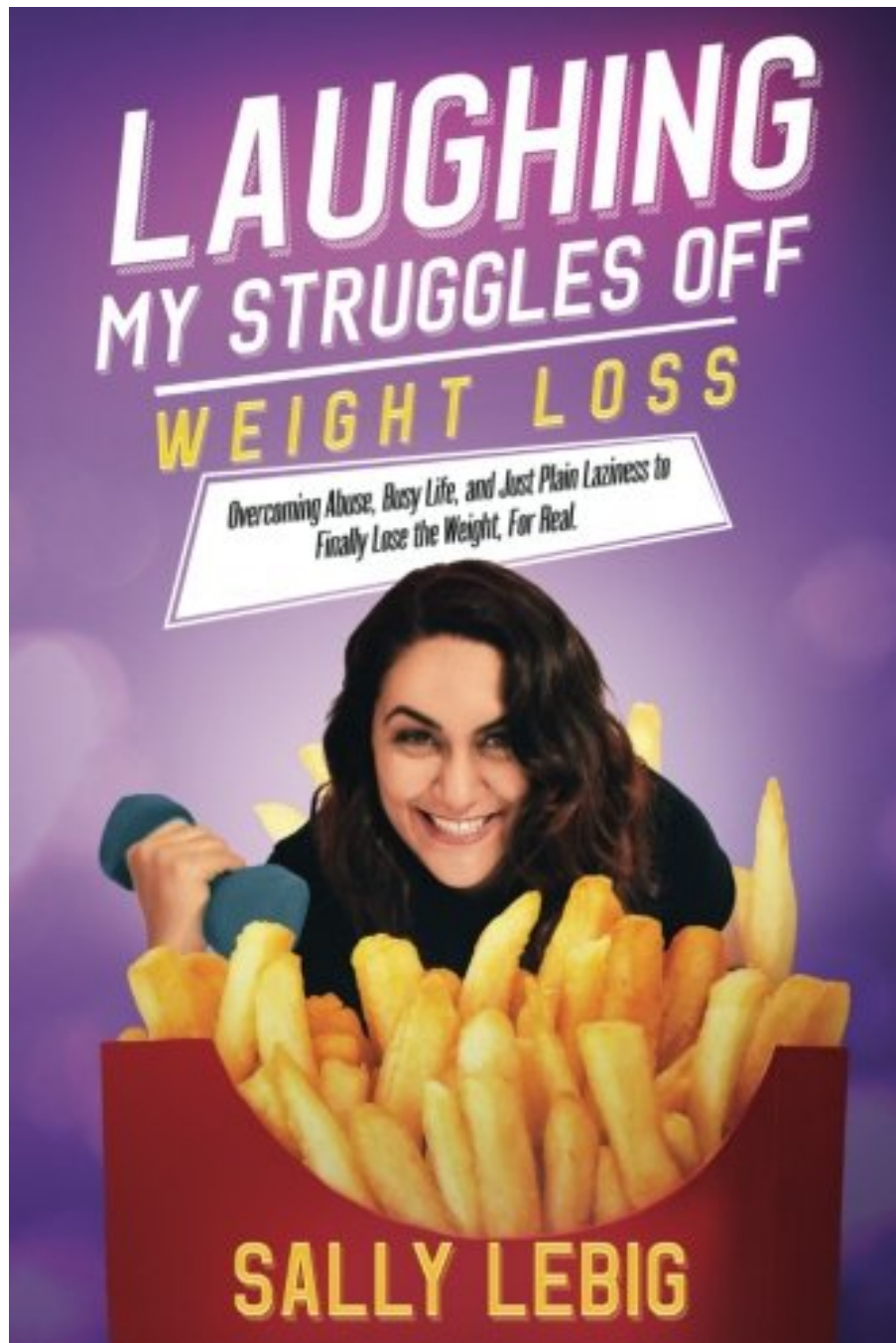


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## **About the Author**

Sally Lebig is a standup comedian, motivational speaker, and author. She inspires others to accomplish their goals—whether it's weight loss, financial freedom, or overcoming haters—despite their circumstances in life. Ten percent of all proceeds from this book will go towards [Laughing My Struggles Off College Scholarships](#).

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Ever feel like life has thrown more at you than you were ready to handle? Yep, I know exactly how you feel. Between childhood abuse and serious moments of feeling confused and alone, my life had some pretty #fedup moments, too. But I've learned the secret. People always ask me how the hell am I so upbeat and happy when things aren't going my way. I'll tell you: you've gotta laugh those struggles off. I'm the friend who'll tell it like it is and make you laugh along the way. In *Laughing My Struggles Off (Weight Loss)*, I take you deep into what it's really been like, going from way overweight after having two kids to finding my own healthy balance. I wrote this book in real-time, as I lost weight over a six-month period, so you get to live the highs and lows, right alongside me. If you're looking for inspiration to conquer your own struggles and to create a life filled with confidence and joy, then let's do this, together.

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A great book! It hits you in the feels and has you cracking up. I loved the little jokes sprinkled in and her inner humorous thoughts. As a new mom, I totally related to her on so many levels. Reading about her struggles in life were touching and the humor mixed in breathed in such life into the book. It was nice to read a real life example of what so many moms go through post pregnancy, trying to lose that baby weight. It sucks and can be very difficult. This book is a great reminder to not take everything so seriously and to find humor in your struggles. I love the motto and I'm down for the movement: #LMSO

2 of 2 people found the following review helpful.

Loved it!

By Amazon Customer

Picked it up from the mailbox, and then read it cover to cover in just a few hours! Amazing!

This is not another book about extreme, crazy diets and workout routines. This is a book about a real girl with real issues and a real life that shows you that you can accomplish whatever you set your mind to! Can't wait to continue laughing my struggles off!

0 of 0 people found the following review helpful.

Laughing is the best medicine!

By Amazon Customer

The author, Sally, has a way of writing that makes you feel like you are talking to your best friend. I love the theme of finding the humor in everything. This book had me laughing not only my struggles, but everything off! Thank you Sally for sharing your story, and striving to be an inspiration for many!

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