

PRAISE FOR *LOSING IT*

PRESS

Packed with hilarious scenes that had me laughing out loud, *Losing It* is an easy to read book that is hard to put down. – **Huffington Post**

Funny and sharp and horribly true **The Times**

Funny and touching **Woman and Home Magazine** (best new books)

Comedian Helen Lederer's debut novel is full of witty one-liners...**VERDICT: 5/5 – The Express**

Losing It is the hilarious debut from Helen Lederer, one of the UK's favourite comedienne. – **Magic FM Book Club**

CELEBRITY ENDORSEMENTS

In one hilarious bound Helen Lederer has crowned herself Queen of Desperate. Desperately funny, desperately engaging, desperately readable and desperately adorable. **STEPHEN FRY**

Helen Lederer is the 3rd funniest woman in the world. Read this! **DAWN FRENCH**

Funny, witty, quirky . . . like the woman herself. Treat yourself. **JO BRAND**

A brilliant creation: scene after scene of blissful agony . . . Lederer's dry and merciless observation of women struggling to be fabulous is hugely entertaining. **JOANNA LUMLEY**

Helen is a wonderfully funny woman . . . She took her time but it's worth the wait. **BEN ELTON**

Helen Lederer's novel perfectly blends her considerable talent as a comedienne with her skills as a writer into a super-funny but also resonant read. Loved it. **FREYA NORTH**



SOME OF THE FIVE STAR PRAISE ON AMAZON

Fabulous hysterical. Laugh out loud funny. Helen so gets women and their relationships. She's the only person writing fantastic mid-lit! Loved it. As Miranda would say "Such Fun!".

This book reads as Helen Lederer talks - a mad tumble of words with acutely detailed descriptions, no holds barred. She says that everything she describes in *Losing It* - including the coffee colonics - are things she's personally experienced, so one can only wonder which callous magazine editor sent her to lose weight by taking a new diet pill! Her heroine, Millie, is an agony aunt who's in debt, divorced and desperate to earn money, lose weight and have a sex life. Millie's middle-aged dilemmas are those that many of us experience, although we may not take such drastic measures to resolve them. This is the perfect holiday read: funny, entertaining, but with a message of hope for those of us whose bodies are heading south.

Having heard that Helen Lederer had a new book out, i ordered it and read it within 3 days which is unheard of for me...I absolutely loved it, And I couldn't put it down.... this book had me laughing out loud in very inappropriate places!....what I loved about it, as well as being very funny, is that it is extremely well written, has very believable characters, and there is a real honesty about the writing, that is often missing in other books....I definitely would recommend this book.....BUY IT now....you won't be disappointed.....

A very funny read could not put it down

Helen Lederer has made me laugh since the early 80's. I bought this book and loved it. It is full of very funny, densely written characters. Millie is a brilliant, flawed, funny lead character. Buy it for yourself and anyone else you know.

Millie's own character gradually emerges as being far less shallow, and by the end of the book I was cheering her on. It's a witty, knowing read that flirts with the surreal but also maintains reality in the nature of relationships. A great book for the couch, bedside or the beach. Millie is a very welcome contrast to all the tanned twenty-something heroines of conventional chick-lit.

Well, speaking as a 50+, overweight, chaotic, dippy woman - I totally empathised with Millie in this story!! 'Losing It' by Helen Lederer had me laughing out loud, cringing slightly at times, and totally feeling it!! It's fun, frothy and fabulous - a big shout-out to women everywhere who are fighting their flab, their years, and their hormones! I can recognise myself and my friends in this novel, and really feel for Millie in her struggle to drop the pounds - I have been there!! It's ultimately a feel-good, empowering story, and I thoroughly enjoyed it!! I like Helen Lederer, like her comedy, her acting, and now her writing, and I look forward to reading more from her. Go Girl!! Happily recommended.

This is a highly competent and tightly written novel, which often raises a titter and an occasional guffaw. One would expect a certain repartee to be evident between the characters from this well-known comedienne, and it succeeds. Helen Lederer is an acute observer of people, and this ability really shines through to the point that I can hear the author actually reading the text.



TWITTER PRAISE



My Weekly @My_Weekly · Mar 31

Congratulations to our own @HelenLederer whose debut novel "Losing It" has been shortlisted for the 2015 Bollinger Everyman Wodehouse Prize.



Waterstones York @WaterstonesYork · Mar 28

The gorgeous @HelenLederer in-store now signing copies of Losing It, perfect for fans of Helen Fielding.



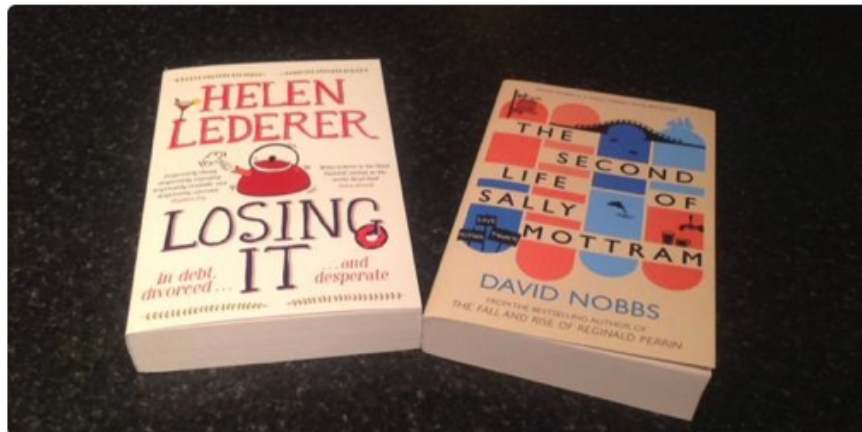
Angela McManus @angelamcmanusHT · Mar 19

@HelenLederer talks about her debut novel Losing It at @AyeWrite 2015 eveningtimes.co.uk/news/helen-led...



Michelle Brown @FrancisBrownePR · Mar 8

Fab event again @Hudd_Lit_Fest with @HelenLederer and @DavidNobbs looking forward to reading their new books!



A.J. (Alison) Waines @AJWaines · Mar 13

Hooted with laughter at state of @HelenLederer's #writing room! bit.ly/1Bd0CBI No wonder she's #losingit - pun intended, actually..



Scott Pack @meandmybigmouth · Mar 10

Well worth a read. RT @HelenLederer: you can find Losing It here: amazon.co.uk/Losing-It-Hele... #HelensLosingIt

Mulle on motherly advice . . .

AFFIRMATION 6:

*'I embrace my inner child
and also my real one,
but not at the same time'*



LOSING IT

the new novel by Helen Lederer **OUT NOW**

#HelensLosingIt



Mrs Trefusis @mrstrefusis · Apr 30
 .@helenlederer #LosingIt is making me chortle



Mrs Trefusis @mrstrefusis · Apr 30
 'He had the look of one who had drunk the cup of life and found a dead beetle at the bottom,' @helenlederer quoting PGWodehouse in #LosingIt

↩ In reply to StratfordLitFestival



Gill Colbourne @gilly_colbourne · Apr 26
 @StratLitFest @HelenLederer what an entertaining hour and good rapport with audience and interviewer, Paul #LosingIt

🔄 Aye Write! retweeted



David Colthart @adreenaseye · Apr 19
 @AyeWrite saw @HelenLederer discuss her career, life and award nominated novel #LosingIt! Pls say she will be at @edbookfest too! HUGE FUN!

🔄 ChipLitFest retweeted



Sarah Turner @Girly_Sticks · Apr 18
 At wk on sleep-in, clients all asleep; only 7 sleeps til booked to see @HelenLederer @ChipLitFest so cracking on with reading #LosingIt now!



Helen Lederer @HelenLederer · Apr 7
 kind you RT @NSanderson: @HelenLederer congrats! 2 chart placings, 1 award nod and v funny book. #LosingIt lol.



[View photo](#)



bookloversupper @bkloversupper · Apr 23
 @HelenLederer @MarkE11en You were both brilliant! Best night ever - that old Barn nearly burst with laughter! Thank you.



Chris Jarvis @realchrisjarvis · Apr 8
 Finished reading 'losing it' by @HelenLederer - tremendous! So funny as you'd expect but also well thought out & beautifully written.



Bath Comedy Festival @BathComedyFest · Apr 4
 Happy audience with their copies of @HelenLederer's Losing It from the lovely @ToppingsBath #BathComFest





Kathryn Eastman @katheastman · May 23

10:00 am Laughter is the best medicine wp.me/pu0Pi-wY via @Making_Hay
Great write-up of @HelenLederer's event #HayFestival

Hay Festival Blog

10:00 am Laughter is the best medicine

Tipping the family members out of their beds in order to attend Helen Lederer's early session, was worth every grumble when she rewarded us with an entertaining hour of comic indulgence. The miseri...



[View on web](#)

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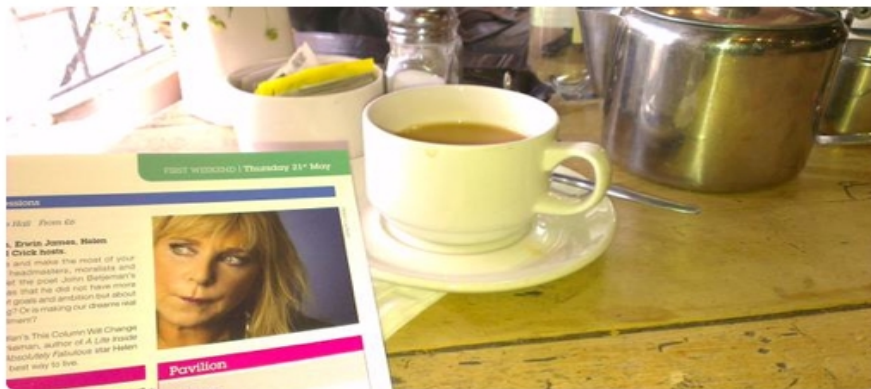
Kathryn Eastman @katheastman · May 23

The @HelenLederer Day is in full swing at Hay. Massive signing queue & books here if you missed her. #HelensLosingIt



Andy Read @arfdone · May 10

Pot of tea in Hay on Wye, and who should I see here?
@HelenLederer shame I was a couple of weeks early.



FullertonsBooksearch retweeted



TheHoltBookshop @TheHoltBookshop · May 12

LOSING IT by charming comedienne @HelenLederer #instock
@TheHoltBookshop

Wynne Evans retweeted



BBC Radio Wales @BBCRadioWales · May 22

The very cultured @wynneevans is LIVE @hayfestival, and he's chatting to @HelenLederer next bbc.co.uk/radiowales

Rebecca Jones retweeted



Melanie Fanstone @MelanieFanstone · May 25

Witty women need their own writing prize says @HelenLederer On #bbcnews later with @r4jones



Georgina Godwin @georginagodwin · May 22

In beautiful Hay, looking forward to my first event tmrw morning with fabulous @HelenLederer at 10 #LosingIt #HayFestival #Hay2015



Paul Burston @PaulBurston · Feb 16

Loving **#LosingIt** by @HelenLederer - absolutely hilarious. Out now from @panmacmillan



Helen Lederer @HelenLederer · Feb 15

thanku RT @betsytobin: @HelenLederer congrats fab review **#LosingIt** @thetimes: 'several cuts above usual.funny & sharp often horribly true'



Rea Book Reviews @bookreviewbyrea · Feb 15

reabookreview.blogspot.co.uk/2015/02/losing... A witty read about the struggles and methods of weight loss by @HelenLederer **#LosingIt** xXx



Ella Jade @EllaJadeBrand · Feb 13

Such a great time at @HelenLederer Book Launch yesterday! Thanks for the invite! FAB read,everyone go buy!! **#LosingIt**



[View photo](#)



Michael Jarman @MichaelMJarman · Feb 13

Congratulations @HelenLederer on the book launch yesterday and thank you for the invite! **#EarlyMorningRead** **#LosingIt**



[View photo](#)

WBTVPUK and 13 others follow



Jessica Boulton @JessicaBoulton · Feb 13

Been at @HelenLederer book party for **#LosingIt** ...amazing turnout..&She did a great piece in @DailyMirror this week (thanks @Busy_Bee_PR!)



Kathryn Flett @kateflett · Feb 12

Congrats to lovely @HelenLederer on the lovely launch of lovely **#LosingIt** **#Lovely**