

# Nero Media Release

## *The Latte Years*

### *A Memoir*

PHILIPPA MOORE

**More than a weight-loss memoir, this is a story of a life restarted.**

At twenty-four Philippa Moore was overweight, unhappily married, stuck in a job she hated, and had never left her hometown of Hobart.

All of that changed after a wake-up call in a department-store changing room. Unable to zip up a pair of pants, Philippa realized enough was enough. What happened to the high-achieving, vivacious young girl she once was? Why had she settled for so much less than the world had to offer?

With determination and courage Philippa took control of her life, shedding the kilos and her dying relationship, and starting over again alone.

Told with humour and insight, Philippa shares the story of how she found her most authentic self: from launching an award-winning health and fitness blog, *Skinny Latte Strikes Back*, getting divorced, running marathons, chasing love in all the wrong places, living in London, being made redundant, and learning the real value of friendship.

After picking herself up after every fall and cherishing all her successes, Philippa finally learns to love herself. And with self-love comes the love of her life, her new husband Tom.

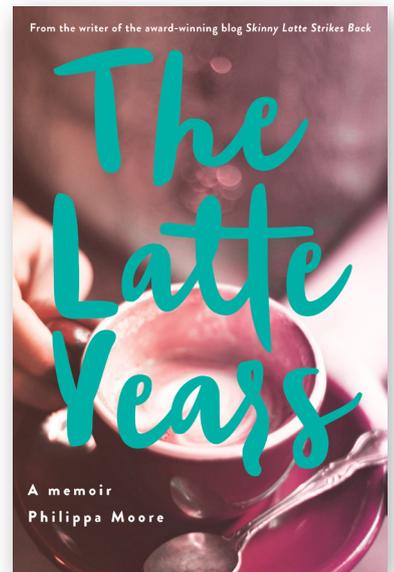
Philippa's story is one of courage and perseverance that every woman can relate to. She proves that people don't need to join an ashram, find a guru or take up CrossFit to find their calling. Just one small step is all it takes to start a life-changing journey.



**PHILIPPA MOORE** is a writer, editor and award-winning blogger. She also hosts a popular podcast, Book Ends, featuring interviews with leading contemporary writers. She was the author of the award-winning health and fitness blog, *Skinny Latte Strikes Back*, which was one of the UK's most popular health and fitness blogs. Born in Tasmania, Philippa now lives in North London with her husband Tom and many pairs of running shoes.

## NERO

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**EMBARGO:**

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**Author available for interview in Hobart (20 Jan-5 Feb), Melbourne (5-12 Feb), Canberra (14-14 Feb) and Sydney (16-18 Feb)**