



I Got This: How I Changed My Ways and Lost What Weighed Me Down

Jennifer Hudson

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An honest and inspirational story of dreaming big, winning big, and losing big, by one of today's most-beautiful voices and brightest Hollywood stars.

Exciting, inspirational, and honest, *I Got This* is Jennifer's journey from a girl growing up on Chicago's South Side to performing on the *American Idol* stage, where she heard not one but numerous remarks about her look not being right for stardom.

Tired of always trying to look the part, and raising a son for whom Jennifer wanted to set a good example, she decided to get healthy. She would lose the weight, once and for all—not for a role, not for a record label, but for herself. Teaming up with Weight Watchers and using their *PointsPlus*® program, Jennifer learned how to think about food differently, and in the process, changed her life for the better. In *I Got This*, she'll show you how she embraced Weight Watchers as a realistic, healthy way of life and helps anyone who has ever suffered from a weight problem to do the same.

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