

For Immediate Release

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**One Peace Books Announces the Forthcoming Release of
*So I Need to Lose 15 Pounds:***

So I Need to Lose 15 Pounds will be available nationwide on September 1, 2009

New York, NY – One Peace Books announces the forthcoming release of *So I Need to Lose 15 Pounds*. *So I Need to Lose 15 Pounds* will be available wherever fine books are sold on September 1, 2009.

Who hasn't worried about his or her weight at one time or another? *So I Need to Lose 15 Pounds* (One Peace Books, ISBN: 978-0-9785084-3-2, \$12.95, Paper, 176 pages, 160 illustrations) tackles the all-too-serious subject of weight loss with a lighthearted twist.

So I Need to Lose 15 Pounds provides an inside look at twenty-seven dieting techniques – from Macrobiotics, to hypnosis, to the really “out there” diet strategies. Presented in the humorous style of Japanese Manga, *So I Need to Lose 15 Pounds* is a hilarious, helpful, and entertaining guide that follows young one author's weight struggles.

From the diets that work to the diets that don't, from negative side effects to positive outcomes and everything in between, *So I Need to Lose 15 Pounds* has it all.

Part how-to guide, part comic book with an all too true-to-life slant, *So I Need to Lose 15 Pounds* is a must-read for anyone who wants a good laugh, a good weight loss plan, or a good companion when fighting the battle of the bulge.

So I Need to Lose 15 Pounds is written and illustrated by Shiho Torii, a well-known author and illustrator of numerous health and beauty books. Torii's blog is ranked the number one most-visited illustration blog in Japan. Shiho Torii continues her quest to find the ultimate weight loss method and, to the delight of her legions of fans, has no shortage of material for new books. She lives in Kawasaki, Japan.

Based in New York, One Peace Books specializes in publishing visually-compelling motivational literature. Backed by two successful publishers in Japan, One Peace Books endeavors to publish literature for global readership, and is committed to its core belief that quality literature should not be limited by borders or race, but should reach people all over the world.

Originally published in Japan with over 45,000 copies sold, *So I Need to Lose 15 Pounds* will be available nationwide on September 1, 2009. Taiwan rights to *So I Need to Lose 15 Pounds* were sold to Titan Publishing, and a Taiwanese edition of the book was released in 2007. Sanctuary Books published a Japanese language sequel titled, *Rebound O Suru Na* (translation: “You'd Better Not Rebound”), which sold over 25,000 copies.

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