

# Selling Books

Your guide to writing, publishing and marketing books and ebooks.

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## LAURA KATLEMAN-PRUE – AUTHOR INTERVIEW

by [Cathy Stucker](#)

### **What is your most recent book? Tell us a bit about it.**

My new book is called [Skinny Thinking: Five Revolutionary Steps to Permanently Heal Your Relationship With Food, Weight, and Your Body](#). It is about permanently healing your relationship with food, weight, and you body by changing the way you think about food. People think that eating issues are a lifelong struggle. I know first hand that this isn't true. Check it out on [Amazon](#).

### **Tell us something about yourself.**

I'm from Boston, but I grew up in San Diego. I've been writing for the past four years. *Skinny Thinking* is actually my third book, but the first one I decided to publish.

### **What inspired you to write this book?**

I was inspired to write *Skinny Thinking* because prior to writing it, I found the key to ending my own weight struggles (thirty five years of suffering) – something that I had never read or heard about from anyone else. I was convinced that sharing this information in a book could help others.

### **What do you believe is the hardest part of writing?**

Editing it for sure! I think I've got it just the way I want it and yet every time I go through it, I find a lot to change. I don't think there is every an ending point on editing.

### **What types of books do you like to read? Who are your favorite authors? Why?**

My favorite genre is spiritual. Gina Lake is by far my favorite author.

Here book, Loving in the Moment, just launched. There is no other author who combines all of the elements that she includes in her books. They are extraordinarily insightful, uplifting, practical, and wise. If you want to wake up out of your ego, Gina's books are the way to do it.

**Are you working on your next book? What can you tell us about it?**

I tend to work on more than one project at once. My men's book, [Lean Thinking for Men: Five Revolutionary Steps to Permanently Heal Your Relationship with Food, Weight & Your Body \(Volume 1\)](#) is up on Amazon.

**What is the best advice you could give other writers about writing or publishing?**

Write a little bit every day. It adds up!

**What are you doing to promote your latest book?**

We created a cool, free "91 day" challenge for people. It's 5 minutes a day for 91 days to break your emotional eating habit and change the way you think about food. Just log onto the skinny thinking website and sign up.

**Where can readers learn more about you and your book?**

They can go to my website: [www.skinnythinking.com](http://www.skinnythinking.com) , follow me on Twitter at SkinnyThinking, and become a fan on Facebook: <http://bit.ly/skinnyfacebook>.