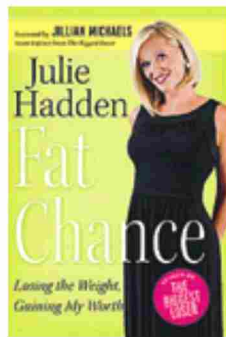


This is one 'Loser' book that's a winner

'FAT CHANCE: Losing the Weight, Gaining My Worth,' by Julie Hadden (GuidePosts Books, \$22).

Here's another book by yet another contestant of "The Biggest Loser," NBC's hit reality show. Stay-at-home mom Hadden, of Jacksonville, Fla., was Season 4's first runner-up, losing nearly 100 pounds — 45 percent of her body mass.

But, unlike Season 5 winner Ali



Vincent's recent rather lightweight memoir, "Believe It, Be It," Hadden's book has heft and depth.

THE SCOOP Each chapter offers useful advice, from "Determining the Source of Your Strength" to "Believe That You Are Worth It." Exercise plans and "Foods to Live For" recipes follow.

THE BOTTOM LINE

Although Hadden frequently refers to God, she doesn't proselytize.

— PEGGY BROWN

