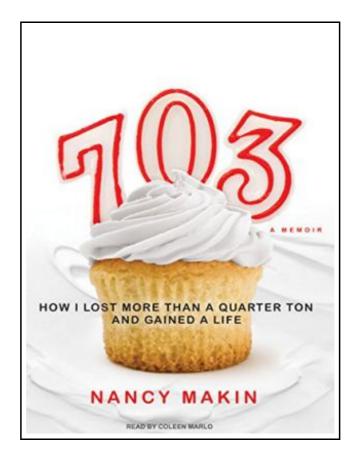
703: How I Lost More Than a Quarter Ton and Gained a Life



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Reviews

If you need to adding benefit, a must buy book. It can be loaded with wisdom and knowledge I discovered this ebook from my dad and i encouraged this pdf to discover.

(Darrin Kutch)

703: HOW I LOST MORE THAN A QUARTER TON AND GAINED A LIFE



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Tantor. No binding. Book Condition: New. Audio CD. Dimensions: 6.6in. x 6.5in. x 1.0in.A moving, funny, tongue-in-cheek, and deadly serious story about how one woman lost and thenfound herself by going online. Nancy Makin weighed an astounding 703 pounds in May 2000. She was forty-five years old andsuffered fromdiabetes and other obesity-related maladies. Thanks in equal parts to shame and logistics, shed been homebound for a dozen years. But all that changed after a gift from her sister: a computer. A technophobe, Nancy ignored it for months, until finally boredom and curiosity pushed her into cyberspace. And there, in a politicalchat room, she found the friendliness, the connection, theacceptance shed been missing for so long. Nobody flinched when Nancy spoke up; people treated her with the same respect accorded to anybody else. Thanks ingreat partto these newemotional connections, Nancys life was transformed. She followed no particulardiet plan; no pills, potions or ab-crunching exercises played a part. There was no silver bullet, no magical, elusive ingredient-and yet today Nancy has lost more than 530 pounds. Nancys tale is one of redemption, a story of reevaluating her worth and insisting she had value simply because she was human. It will show a growing America that there is hope, theres always hope. . . if you believe! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Audio CD.



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