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

Inspiring

A moving, funny, tongue-in-cheek, and deadly serious story about how one woman lost and found herself by going online. Nancy Makin weighed an astounding 703 pounds in May 2000. She was forty-five years old and suffered from diabetes and other obesity-related maladies. Thanks in equal parts to shame and logistics, she had 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 political chat room, she found the friendliness, the connection, the acceptance she had been missing for so long. Nobody flinched when Nancy spoke up; people treated her with the same respect accorded to anybody else. Thanks in great part to these new emotional connections, Nancy's life was transformed. She followed no particular diet 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. Nancy's 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, there is always hope... if you believe! (edited by author)

My Personal Review:
I just finished reading this book and was blown away by it. I would certainly recommend this book to anyone looking for motivation... not only to lose weight, but to get any part of their life back on track. Nancy's tale is about her life and experiences, some of which are horrible, but in the end it's about being human and learning to love yourself for who you are on the inside - a lesson many people could stand to learn. It is not a book about "I only ate fruit and walked 5 miles a day", because there is so much more to her journey than that.
All in all, I give it 5 stars.

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