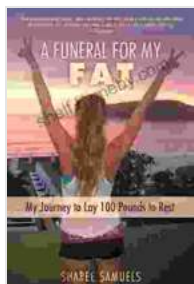


# Funeral For My Fat: The Inspiring Journey of a Woman Who Lost 300 Pounds



## A Funeral for My Fat: My Journey to Lay 100 Pounds to Rest by Hourly History

★★★★☆ 4.3 out of 5

Language	: English
File size	: 8133 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 299 pages
Lending	: Enabled



For years, I struggled with my weight. I tried every diet under the sun, but nothing worked. I was always hungry, and I always ended up gaining back the weight I lost. I was miserable and hopeless.

One day, I finally decided to have weight loss surgery. It was the best decision I ever made. In the year following my surgery, I lost 300 pounds. I went from being a size 28 to a size 10. I was finally able to live the life I had always dreamed of.

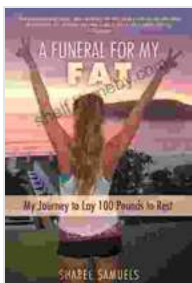
My journey to weight loss surgery was not easy, but it was worth it. I had to make a lot of changes to my lifestyle, but I was determined to succeed. I learned how to eat healthy, how to exercise, and how to manage my stress.

I am now a healthier and happier person than I have ever been. I am grateful for the opportunity to share my story with others. I hope that my journey inspires others to never give up on their dreams.

### **Here are some of the lessons I learned on my journey to weight loss surgery:**

- **Weight loss surgery is not a magic bullet.** It is a tool that can help you lose weight, but it is not a substitute for hard work and dedication.
- **You need to be prepared to make a lot of changes to your lifestyle.** This includes eating healthy, exercising, and managing your stress.
- **Weight loss surgery is not a quick fix.** It takes time and effort to lose weight and maintain your weight loss.
- **You will need support from your family and friends.** They can help you stay motivated and on track.
- **Never give up on your dreams.** If you are determined to lose weight, you can do it.

I hope that my story inspires you to never give up on your dreams. If you are struggling with your weight, I encourage you to talk to your doctor about weight loss surgery. It could be the best decision you ever make.

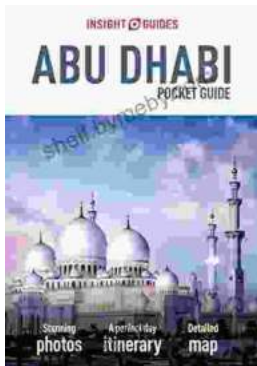


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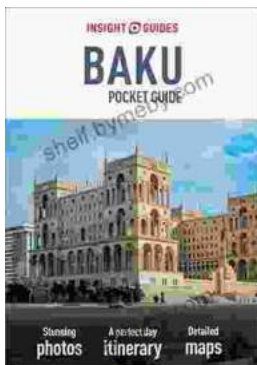
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