

"In Gorge, Kara Richardson Whitely takes us where few have dared to go before: thrillingly up to the top of Mt. Kilimanjaro and profoundly down to the darkest depths of food addiction. Fearlessly honest and powerfully intelligent, this beautiful book is moving and inspiring on every page."

CHERYL STRAYED

Kara Richardson Whitely

gorge

MY JOURNEY UP KILIMANJARO
AT 300 POUNDS



Gorge My Journey Up Kilimanjaro At 300 Pounds

Janice Asher,Jae Rivera



Gorge My Journey Up Kilimanjaro At 300 Pounds:

Gorge Kara Richardson Whitely, 2015-04-07 Kara knew she could reach the summit of Mt Kilimanjaro She had done it once before That's why when she failed in a second attempt it brought her so low As she struggled with food addiction and looked for ways to cope with feelings of failure and shame Kara's weight shot to more than 300 pounds Deep in her personal gorge Kara realized the only way out was up She resolved to climb the mountain again and this time she would reach the summit without waiting for her plus sized status to disappear *Gorge My Journey Up Kilimanjaro at 300 Pounds* is the raw story of Kara's ascent from the depths of self doubt to the top of the world Her difficult but inspiring trek speaks to every woman who has struggled with her self image or felt that food was controlling her life Honest and unforgettable Kara's journey is one of intense passion endurance and self acceptance In *Gorge* Kara shows that big women can do big things

Bigger Better Braver Nancy Pickard, 2020-07-14 In *Bigger Better Braver* master integrative life coach Nancy Pickard challenges us with these life altering questions Is there something you'd love to do but haven't found the courage Do you want to give yourself over to the fullest possible experience of living Do you want to take a leap toward a bigger better braver life *Bigger Better Braver* is a proven step by step guide for uncovering and putting into action the vision we each have in our hearts to live the life we are meant to lead Provided with clarity and enhanced with inspirational client and personal stories it shows readers how to get unstuck from old ways of behaving and take bold steps toward something new and larger in their lives The book is a journey in itself as Nancy lays out time tested tools to identify face and overcome shadow beliefs from childhood that hold us back get free of the limits of our comfort zone come to terms with and cultivate fear as a driving force for change and discover the courage we already have to take bold steps into the future She teaches how to be more present use our intuition and get out from under the daily restrictions of autopilot She reveals strategies to stay the course maintain low attachment to outcome receive feedback stay disciplined and responsible to ourselves and learn what it means to practice acceptance and surrender Ms Pickard is testimony to her proven methods She reinvented herself as a master life coach in her second half and at the age of 61 climbed Mount Kilimanjaro experiences and achievements that recalibrated her way of being and became her vision for a bigger life Not everyone must climb a mountain to live larger As the book well shows each of our versions of a bigger life can be anything that brings elation accomplishment fulfillment and connection with the spirit of who we are *Bigger Better Braver* provides the pathway to uncover our personal vision of what living bigger means and opens the door for a major life change

The Art of Badassery Jennifer Cassetta, 2022-08-23 For any woman who's ever felt burned out beaten down or needs a reminder of how powerful she is *third degree black belt and motivational coach of ABC's My Diet Is Better Than Yours* teaches a unique brand of badassery how to get back up no matter what life throws at you how to level up your mind body and spirit and how to turn your setbacks into secret weapons Jennifer Cassetta is a nationally recognized keynote speaker health and empowerment coach and a 3rd degree black belt in Hapkido After a

brush with death on September 11th 2001 three blocks south of the World Trade Center and then fending off an attacker late one night months later Jenn took a deep dive into martial arts training where she learned how to harness the power of mind body and spirit Now she teaches women from colleges to corporations how to unleash their inner badass by using dojo wisdom as a metaphor for life Whether the opponent is a financial hardship a difficult boss or being in a manipulative relationship Cassetta teaches readers how to flex their mental muscle how to rise above fears and how to turn setbacks into superpowers Through thought provoking exercises and no holds barred humor she shows women how to close the door on blame and shame how to grow from their Greatest S Hits List of life disappointments and how to disarm and defend against the blocks that hold them back In life just like in martial arts we get pushed and pulled and kicked down We get banged up and bruised and stretched to our limits Cassetta champions women that while they may bend they will not break and that they have the power within them to rise up and stand tall Chapter 1 WHITE BELT Embrace the Suck Chapter 2 YELLOW BELT Bounce Back Chapter 3 ORANGE BELT Block the Bullshit Chapter 4 GREEN BELT Find Your Roar Chapter 5 BLUE BELT Elevate Your Energy Chapter 6 RED BELT Connect with Your Warrior Within Chapter 7 BLACK BELT Take the Lead

Big Fit Girl Louise Green, 2017-03-18 Finally a fitness book for the rest of us Big Fit Girl is sure to usher in a new generation of tough curvy athletes Jessamyn Stanley author of Every Body Yoga In Big Fit Girl Louise Green describes how the fitness industry fails to meet the needs of plus size women and thus prevents them from improving their health and fitness By telling her own story of how she stopped dieting got off the couch and unleashed her inner athlete as well as showcasing similar stories from other women Green inspires other plus size women to do the same Green also provides concrete advice based on the latest research about how to get started how to establish a support team how to choose an activity what kind of clothing and gear work best for the plus size athlete how to set goals and how to improve one's relationship with food And she stresses the importance of paying it forward for it is only by seeing plus size women in leadership roles that other plus size women will be motivated to stop trying to lose weight and get fit instead Big Fit Girl impressed me tremendously Green combines compelling storytelling with practical tips true to what we know about science in a unique way that will get you moving Linda Bacon PhD scientist and author of Health at Every Size Inspiring and empowering Taryn Brumfitt producer and director founder of the Body Image Movement I'm thrilled to live in a world where Big Fit Girl will be part of the health section Thank you Louise it's time for every person of every size to have access to this information Jes Baker The Militant Baker

Weight of Being Kara Richardson Whitely, 2025-05-01 A brutally honest story about being fat in America and one woman's experience with radical weight loss after a lifetime of fat shaming Kara Richardson Whitely thought she could do anything After all she climbed Mount Kilimanjaro three times But now she's off the mountain and back home again and there's one thing she just can't manage to do lose weight In many ways Kara is living the life of everywoman except that she's not everywoman because she weighs 300 pounds and is tormented by binge eating

disorder Her weight is a constant source of conflict and shame as the people from every corner of her life from her coworkers to the neighbors down the street judge Kara for the size of her body When it becomes just too much to tolerate Kara turns to therapy and weight loss surgery a choice that transforms her body and her life Kara s story is one of living as a fat woman in America where fat prejudice is rampant despite our nation s pandemic of obesity In this fresh raw memoir Kara reveals this epic contradiction and offers a revealing comparison of life before and after radical weight loss **The Sh!t No One Tells**

You About Toddlers Dawn Dais,2015-09-15 They re getting bigger And you re not getting any more sleep Second in the Sh t No One Tells You series in The Sh t No One Tells You About Toddlers Dawn Dais tells it like it is again offering real advice for parents of growing children Coming from one empathetic parent to another the tips in this book are real clever honest and designed to make life with a terrible two or three year old a little bit more manageable Hilarious helpful and handy this book will be appreciated by any parent who has asked Why didn t anybody warn me that unconditional love would be so much work Filled with tips encouragement and a strong dose of humor The Sh t No One Tells You About Toddlers is a survival handbook for parents on the edge All the Things We Never Knew Sheila Hamilton,2015-10-13 A reporter chases the

biggest story of her life her husband s descent into mental illness Even as a reporter Sheila Hamilton missed the signs as her husband David s mental illness unfolded before her By the time she had pieced together the puzzle it was too late Her once brilliant and passionate partner was dead within six weeks of a diagnosis of bipolar disorder leaving his wife and nine year old daughter without so much as a note to explain his actions a plan to help them recover from their profound grief or a solution for the hundreds of thousands of dollars in debt that they would inherit from him All the Things We Never Knew takes readers on a breathtaking journey from David and Sheila s early romance through the last three months of their life together and into the year after his death It details their unsettling spiral into the world of mental illness examines the fragile line between reality and madness and reveals the true power of love and forgiveness **The Permanent Weight Loss Plan**

Janice Asher,Jae Rivera,2020-01-07 We lost 170 pounds and kept it off It s not a diet but you will lose weight with this proven path to developing better eating habits and building a healthy relationship with food Diets come and go and the scale needle swings as you drop pounds and then gain them back But what if there were a weight loss solution for forever Not another fad diet based on deprivation and restriction but a holistic system for shedding pounds and maintaining your weight In The Permanent Weight Loss Plan Janice Asher MD and Fulbright Open Research Fellow Jae Rivera reveal from their own first hand experiences that it s not just about the food you eat or don t eat it s about a mindset and lifestyle change After collectively losing 170 pounds and maintaining their weight for years Janice and Jae share scientific evidence personal experiences and practical insights on how you can successfully reframe your relationship with food It s about stopping the shame associated with body size recognizing instances of disordered eating equipping yourself with the knowledge of what behaviors contribute to lasting weight loss and making use of proven strategies Get actionable tips on how to Overcome

barriers like stress shame and emotional eating Escape the comfort food circle of hell Eat food that nourishes your intestinal microbiome and brain Replace unhealthy habits with new ones that will treat your body well Boost your metabolism by eating during the right times of the day Commit to an exercise regime you can enjoy Transform your kitchen from danger zone to a safe space Survive potential landmines like holidays and parties Develop strategies for not gaining back the weight you lose Stop the cycle of fat shaming and treat yourself with kindness Complete with 26 recipes for cauliflower quinoa puttanesca umami bomb roasted portabella mushrooms blueberry breakfast smoothie curried lentil salad and more The Permanent Weight Loss Plan encourages readers with gentle humor and compassion to embrace a paradigm shift and transform their lives for good *Backpacker* ,2007-09 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured *Things No One Will Tell Fat Girls* Jes Baker,2015-11-17 Things No One Will Tell Fat Girls is a manifesto and call to arms for women of all sizes and ages With smart and spirited eloquence veteran blogger Jes Baker calls on women to be proud of their bodies fight against fat shaming and embrace a body positive worldview to change public perceptions and help women maintain mental health With the same straightforward tone that catapulted her to national attention when she wrote a public letter addressing the sexist comments of Abercrombie Fitch s CEO Jes shares personal experiences along with in depth research in a way that is approachable digestible and empowering Featuring notable guest authors Things No One Will Tell Fat Girls is an invitation for all women to reject fat prejudice learn to love their bodies and join the most progressive and life changing revolution there is the movement to change the world by loving their bodies *My Kilimanjaro, My Perseverance* Monde A Mond,2019-03-12 The story is about the trip I undertook to climb Mt Kilimanjaro Climbing Kilimanjaro was not in my bucket list of things I wanted to do before the end of my time in this world nor was I physically ready to be part of such a great venture My experience of this venture related very well with how I see the world around me and how we as people engage and relate with the universe Climbing Kilimanjaro became a perfect analogy on how to interpret the life we live It was about the survival on this earth Our interaction with people and earthly creation is fully captured in a matter of few days on the mountain

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