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

By Nancy Makin

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 then 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...



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### Reviews

*Extensive guide! It's such an excellent read. This can be for anyone who states that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.*

-- **Melvin Hettinger**

*This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book I have got through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Dr. Easton Collier DVM**