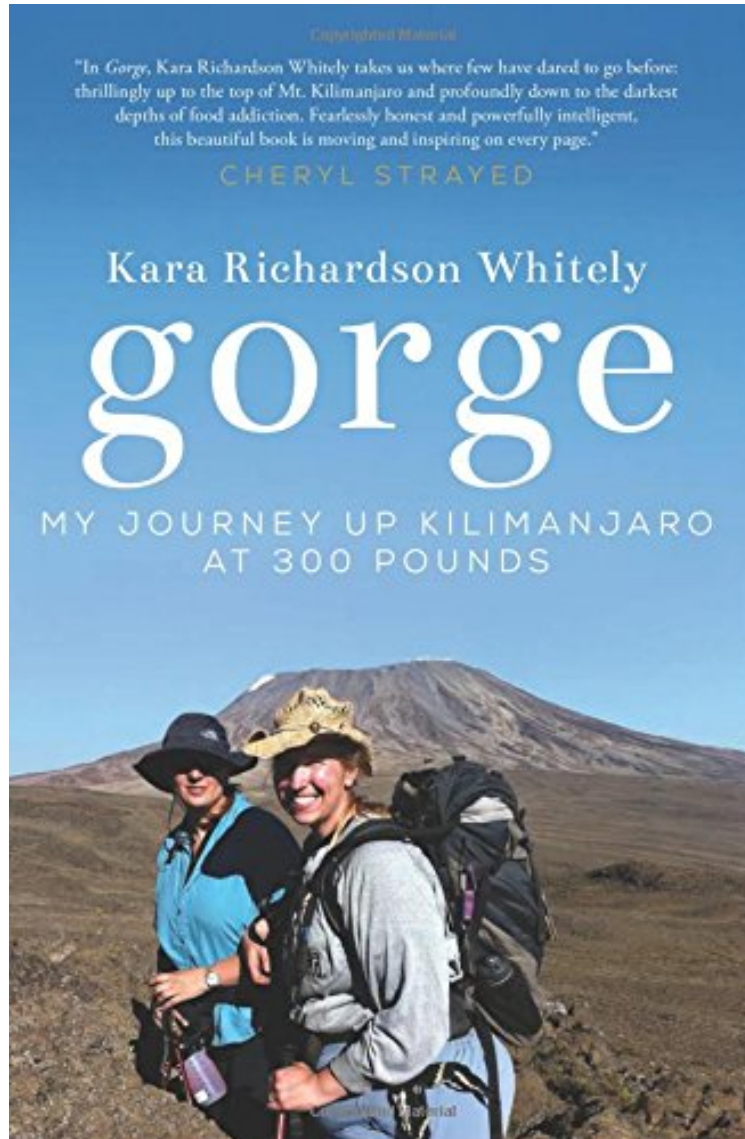


[FREE] Gorge: My Journey Up Kilimanjaro at 300 Pounds

Gorge: My Journey Up Kilimanjaro at 300 Pounds

Kara Richardson Whitely

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Kara Richardson Whitely : Gorge: My Journey Up Kilimanjaro at 300 Pounds before purchasing it in order to gage whether or not it would be worth my time, and all praised Gorge: My Journey Up Kilimanjaro at 300 Pounds:

3 of 3 people found the following review helpful. OkayBy terrin22I purchased both of her books together and read her first book first. As I got into this one, it seemed repetitious, covering much of the same material, so I got a little bored, and was not able to finish it. I will try to go back to it later. I liked that she is not afraid to confront reality---it's hard to keep weight off, as I well know!! And, I appreciate her ability to share her most embarrassing low moments.16 of 18

people found the following review helpful. Gorge is a truly inspirational, honest account of Karas ...By Stacey Halloran
Gorge is a truly inspirational, honest account of Karas life, struggles with weight and journey to the top of Kilimanjaro at over 300 lbs. Often humorously self-deprecatory she doesnt hold back in detailing her journey. If youre struggling with your weight and its inhibiting you from living life, working out, getting moving; this is the book for you. Though you don't have to be overweight to appreciate Gorge- I feel it is for anyone looking to be inspired. For the sake of transparency, I am pictured on the cover with Kara and participated in her third trek up Kilimanjaro. I feel that Karas account of my personal journey and background was both fair and honest. Kara is one of the most inspiring and kindest people I know. Her resilience and determination is contagious. Its impossible to read this book and not be inspired to put yourself out there and live life to the fullest.0 of 0 people found the following review helpful. I wanted read more hiking books and this was a perfect pick. I am a nutrition professional and found ...By Katie
After reading Wild, I wanted read more hiking books and this was a perfect pick. I am a nutrition professional and found Karas story eye opening, inspiring and motivating!

Kara knew she could reach the summit of Mt. Kilimanjaro. She had done it once before. Thats 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 Karas 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, Karas journey is one of intense passion, endurance, and self-acceptance. In Gorge, Kara shows that big women can do big things.

"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. Kara is fearlessly honest and powerfully intelligent. I was moved and inspired by every page of this beautiful book."Cheryl Strayed, author of Wild: From Lost to Found on the Pacific Crest Trail
"Gorge reminds us of just how strong the human spirit is, and how resilience and determination can, in fact, triumph over despair."Ann Hood, author of Comfort: A Journey Through Grief
"Kara Richardson Whitely wasnt about to let her weight stop her from conquering the roof of Africa. Her triumph as a plus-sized hiker is as inspiring as it is refreshing."Backpacker Magazine
"This detailed account of [Kara Richardson Whitely's] travails will give confidence not only to hesitant would-be mountaineers but to those, like her, whose biggest hurdle is 'to learn to be O.K. with who I was.'"The New York Times