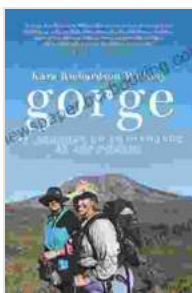


# Gorge: My Journey Up Kilimanjaro At 300 Pounds



## Gorge: My Journey Up Kilimanjaro at 300 Pounds

by Kara Richardson Whitely

★★★★☆ 4.4 out of 5

Language : English

File size : 1062 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 274 pages

Screen Reader : Supported



In 2018, I climbed Mount Kilimanjaro, the tallest mountain in Africa, at 300 pounds. It was a journey that tested my physical and mental limits, and it changed my life in ways I never could have imagined.

I've always been a big guy. I was born premature and weighed just 2 pounds, 12 ounces. But I quickly grew into a chubby child, and by the time I was in high school, I was over 300 pounds.

I was always the fat kid in school. I was teased and bullied, and I felt like an outsider. I tried to lose weight, but nothing seemed to work. I would lose a few pounds, but then I would gain them all back, plus more.

After high school, I went to college and gained even more weight. I was depressed and anxious, and I used food to cope with my emotions. By the time I graduated, I was over 400 pounds.

In 2017, I had a health scare that made me realize I needed to change my life. I was diagnosed with sleep apnea, and I was told that I was at risk for heart disease and other serious health problems.

I decided to make a change. I started eating healthy and exercising regularly. I also started seeing a therapist to help me deal with my emotional eating.

In 2018, I decided to climb Mount Kilimanjaro. I knew it would be a challenge, but I was determined to prove to myself that I could do anything I set my mind to.

The climb was hard. There were times when I wanted to give up. But I kept going, one step at a time. And on February 16, 2018, I reached the summit of Mount Kilimanjaro.

It was the hardest thing I've ever done, but it was also the most rewarding. Climbing Kilimanjaro changed my life. It taught me that I'm stronger than I think I am, and that anything is possible if I set my mind to it.

I wrote Gorge to share my story with others who are struggling with obesity, body image, or mental health issues. I want to show them that they're not alone, and that they can overcome their challenges.

Gorge is a story of hope, resilience, and triumph. It's a story that will inspire you to believe in yourself and to never give up on your dreams.

### **Free Download Your Copy of Gorge Today**

Gorge is available now at all major bookstores. You can also Free Download your copy online at Our Book Library, Barnes & Noble, or IndieBound.

Thank you for reading my story.

Sincerely,

Don George

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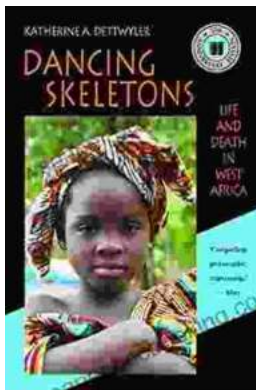
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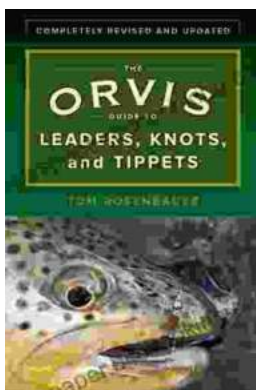
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