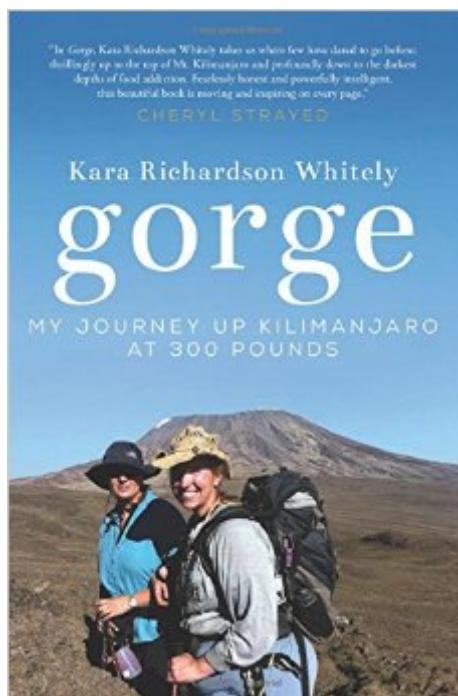


The book was found

# Gorge: My Journey Up Kilimanjaro At 300 Pounds



## Synopsis

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.

## Book Information

Paperback: 264 pages

Publisher: Seal Press (April 7, 2015)

Language: English

ISBN-10: 1580055591

ISBN-13: 978-1580055598

Product Dimensions: 5.4 x 0.9 x 8.2 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (64 customer reviews)

Best Sellers Rank: #441,420 in Books (See Top 100 in Books) #186 in Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #576 in Books > Sports & Outdoors > Mountaineering > Mountain Climbing #1328 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

*Gorge* is a truly inspirational, honest account of Kara's life, struggles with weight and journey to the top of Kilimanjaro at over 300 lbs. Often humorously self-deprecating she doesn't hold back in detailing her journey. If you're struggling with your weight and it's 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 Kara's 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. It's

impossible to read this book and not be inspired to put yourself out there and live life to the fullest.

The follow up to her first book. This was a tough read. She was very honest about herself and sometimes it was more than I could take in one sitting, but it was an important read for anyone who wants to overcome something and not make excuses. She is very straight forward. A good book.

This is a book for all of us who struggle with chronic disease. By digging so deep in her emotional life, she enables us to do the same. Once again Kara has written a masterful book and once again once I picked it up, I could not put it down. Our health today is wrapped around the choices we make with what we eat as well as the emotions we hold within. This journey is sometimes as hard as the climb up the mountain, but after reading this book this will enable many to take that next step that leads to wellness, not just physical wellness, but emotional wellness also. Both are needed today to reach the top of the mountain and conquer the huge problem of chronic disease, which is both emotional and physical. This book puts us on the path. Well done, Kara, well done indeed.

I really enjoyed this memoir and can relate to the author in a lot of ways as I have struggled with weight loss my whole life. I loved Kara's courage and insight as she climbs the mountain not only reaching the top, but doing it while carrying a huge emotional and physical load.

If you're looking for a weight loss before and after story this is not the book for you. If you've ever told yourself, if I just lose 5lbs, 10lbs, 20lbs, 50lbs, +, I'll be happy, I'll do that thing I always wanted to do, then this is the book for you. This is an incredibly honest story of Kara's journey with food addiction and her third (and successful) trek up Mt. Kilimanjaro. Like all people, Kara has dreams - to hike - to get to the top of Mt. Kilimanjaro and this memoir is about her journey to the top of Mt. Kilimanjaro. So many people like to criticize people who are overweight without realizing that food addiction is as real as cocaine addiction. Kara knows she's a food addict - her weight is painfully honest to her and to everyone else. She writes about what that struggle is like for her and it's a struggle I can relate to on so many levels. It's not a gussied up book promising a weight loss solution. It's just a telling of her dream and not letting her weight get in the way of living. You want her to become magically thin when she reaches the summit, but we all know that's not how this kind of reality works. It's a struggle each and every day.

Thank you to Seal Press for the ARC for me to review. I was really looking forward to reading

through Karaâ™s account of conquering Kilimanjaro as this is a lady that has climbed Kilimanjaro previously, then attempted a second ascent but failed, then was resolved to attempt it for the third time a remarkable lady by any standards especially when you take into account that she climbed Kilimanjaro weighing 300 pounds. A Remarkable achievement. This is not just primarily an account of climbing Kilimanjaro but a real insight to the authorâ™s deep and private life and is a warts and all account of her struggles with the addiction of food the associated problems that this brings. Kara is not looking for a shoulder to cry on here far from it more telling the reader that who-ever you are whatever you are going through you should never give up your dreams. Karaâ™s passion in life that comes through is to be an adventurer and Kilimanjaro has been a magnet that has pulled Kara back more than once. The book moves through her private struggles with her addiction and through to her preparations and then the ascent of Kilimanjaro itself. Karaâ™s resilience and motivation are plain to see as you read through her account and is inspirational for anyone struggling with food addiction. Having climbed Kilimanjaro in the past I know what that mountain can do to you, and it does pull you back. I just wish I shared Karaâ™s journey up Kili with her as she is a brave remarkable woman. This is a book that should be read by anyone struggling and it will motivate you.

I wanted to love this book, and at first I did, but it got repetitive really fast. I'm fat and my dad doesn't love me...every chapter. Kudos to the author for taking on Kilimanjaro, but the overly dramatic descriptions annoyed me. Example: "One misstep and I could fall and smash my skull on a rock..."

[Download to continue reading...](#)

Gorge: My Journey Up Kilimanjaro at 300 Pounds Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories If I Can Climb Mt. Kilimanjaro, Why Can't I Brush My Teeth?: Courage, Tenacity and Love Meet Parkinson's Disease Geologic History of the Columbia River Gorge, As Interpreted from the Historic Columbia River Scenic Highway (Jack Murdock Publication Series on the) 30 Under 300: healthy, unique recipes under 300 calories (gluten free, sugar free, dairy free, vegan) 7 Weeks to 300 Sit-Ups: Strengthen and Sculpt Your Abs, Back, Core and Obliques by Training to Do 300 Consecutive Sit-Ups 300 trucos, tecnicas y secretos de ganchillo/ 300 Crochet Tips, Techniques and Trade Secrets: Un compendio indispensable fe conocimientos y consejos ... (Tiempo Libre/ Leisure) (Spanish Edition) International Harvester Shop Manual Series 300 300 Utility - Ih - 10 (I & T Shop Service) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Journey Through Denmark (Journey Through series) The American Journey, Modern Times, Spanish Reading Essentials and Note-Taking Guide (THE

AMERICAN JOURNEY (SURVEY)) (Spanish Edition) Revenge Romance: The Journey's Crossroad (Book Two) + Bonus Book (Historical Christian Suspense) (Historical Christian Suspense Revenge Romance: The Journey's Crossroad (Book 2) + Bonus Book!) 45 Pounds (More or Less) Zero Belly Smoothies: Lose up to 16 Pounds in 14 Days and Sip Your Way to A Lean & Healthy You! Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, Tea ... Tea Cleanse Diet, Weight Loss, Detox) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Year of the Cow: How 420 Pounds of Beef Built a Better Life for One American Family Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Hydroponic Gardening: How To Grow 40 Pounds of Organic Produce 50% Faster With No Soil And No Yard (hydroponic gardening, aquaponics, square foot gardening, ... container gardening, urban homestead)

[Dmca](#)