

Download Fat Woman On The Mountain How I Lost Half Of Myself And Found Happiness On Kilimanjaro

Really enjoyed "Fat Woman on the Mountain". Couldn't put the book down. An honest and inspirational book, Kara wrote as if she were my best friend, describing her struggles, goals and achievements. Her passion - and compassion - for Africa and the Global Alliance for Children Orphaned by HIV/AIDS was very motivational. Likewise her message that it is never too late to get fit. I enjoyed being with Kara every step of the way on Kilimanjaro - to the top of Africa.

Fat Woman on the Mountain: How I Lost Half of Myself and Found Happiness on Kilimanjaro (English Edition) eBook: Kara Richardson Whitely: Amazon.de: Kindle-Shop

A woman's journey of wellness took her from flat trails to the top of Africa's highest peak, Mount Kilimanjaro. She lost 120 pounds and found happiness along the way. Kara Richardson Whitely has been a journalist for the past decade. She has been featured in Self, American Hiker and Redbook magazines.

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