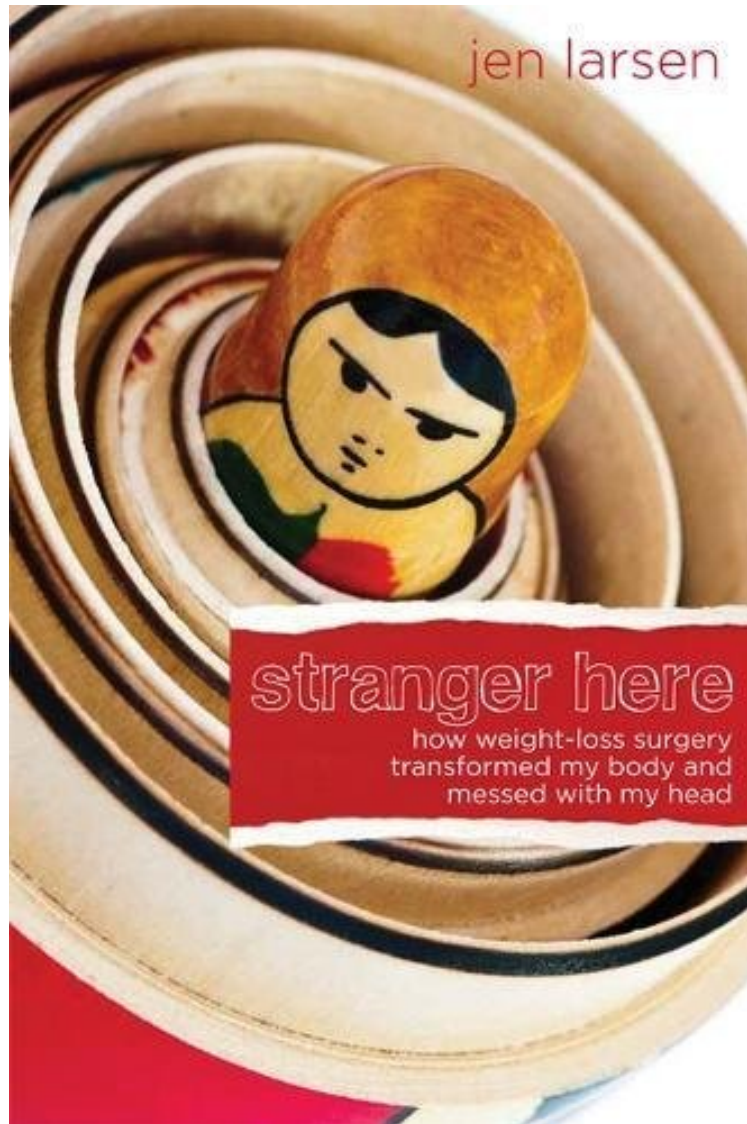


[Download] Stranger Here: How Weight-Loss Surgery Transformed My Body and Messed with My Head

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Jen Larsen

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Jen Larsen : Stranger Here: How Weight-Loss Surgery Transformed My Body and Messed with My Head

before purchasing it in order to gage whether or not it would be worth my time, and all praised Stranger Here: How Weight-Loss Surgery Transformed My Body and Messed with My Head:

46 of 48 people found the following review helpful. Honest and movingBy KristinFull disclosure; I know Jen Larsen personally(Lucky me!). I am not a writer, but I enjoy sharing what I love. I loved this book. I met Jen Larsen a few

years post surgery, through mutual friends- and I was immediately taken by this charming human being with what seemed like fountains of confidence, a smile that could win over a troll, and an amazing personality to top it all off. You think, when you meet her that she is one of those people who truly have it all. You would never guess she had lost half her body weight, neither from her attitude nor her appearance. As I got to know Jen better, she shared with me tidbits about weight loss surgery, and her life post op... But reading this book was a deep, raw, and vivid window into that journey. Jen Larsen is not shy about the pains, downfalls, and struggles it took to reach her goal, nor the daily battle to maintain it. Unflinchingly honest- you follow her from planning to execution, and every painful and humorous pound lost to her goal. This book shouldn't just be read by someone who is considering weight loss surgery, someone who has had it, or even someone who has struggled with weight issues. Anyone who enjoys good story telling will enjoy this book. Anyone who has had to overcome that voice inside that says "you cant" will enjoy this book. Anyone who has won, or triumphed, and then figures out the finish line isn't the end of the race will love this book. When I reached the end, all I could think was "I want to know more!" I won't give anything away, but there are more stories to be told and journeys to be written about, so I am looking forward to book #2.3 of 3 people found the following review helpful. great book couldn't wait to finish! By Donna M. Oliver I had weight loss surgery in 2013 and this really hit home. I'm 64 years old and had the surgery over a year ago at 63, one of the oldest to have it. I had many, many, many medical problems. Couldn't walk, wash my hair, wash myself! This surgery saved my life and your book helped with understanding a lot. I would love to write a book of what it did for me. I use to care about looking great all the time and trying to hide with clothing covering my body as it grew larger and larger. I now am just happy to be alive and to be able to walk again!! I now only care about how great I feel! I went thru much more than most to get this surgery, and in fact, I was told I may not be a candidate. I was discouraged at every turn, but I kept pushing forward because I knew the outcome would be death. Reading this book, after having this surgery, it brought back a lot of memories of what you go thru after the surgery. So many of the same feelings and thoughts- thanks for writing. 7 of 7 people found the following review helpful. It's honest and thought-provoking, like talking with a good friend. By Elizabeth Ellis Jen Larsen weighed over 300 pounds when she underwent the duodenal switch weight loss surgical procedure. Like many people who use an extreme method to solve a serious issue, Jen admits that she thought that the surgery in and of itself would magically transform her life. She bought into the idea, as many women have, that once you're thin, everything else in your life will fall perfectly into place. What Jen discovered is once her fat was gone, she was still left with many of her problems. Jen's writing style is light and easy to digest (ha) and feels familiar, conversational. She doesn't hesitate to speak with brutal honesty about some very personal situations: her long-term boyfriend who wouldn't have sex with her, some of the physically humiliating side- and after-effects of the surgery, how she definitely is not a paragon of moderation. But ultimately, you want her to win her battles. As Jen detailed her incredible shrinking journey, I cheered her on and hoped that she would find the happiness and peace she had struggled so long to find. I stayed up way past a sensible bedtime on several nights reading this book, and it's prompted a number of conversations about women, weight, self-esteem. I highly recommend it, and look forward to reading her next book, whatever the topic.

Jen Larsen always thought that if she could only lose some weight, she would be unstoppable. She was convinced that once she found a way to not be fat any more, she would have the perfect existence she'd always dreamed of. When diet after diet failed, she decided to try bariatric surgery, and it worked better than she ever could have dreamed: she lost 180 pounds. As the weight fell away, though, Larsen realized that getting skinny was not the magical cure she thought it would be—and suddenly, she wasn't sure who she was anymore. Stranger Here is the brutally honest, surprisingly hilarious story of one woman's journey from one extreme of the weight spectrum to the other, and of the unexpected emotional chaos it created. Insightful and unsparing in her self-examination, Larsen depicts the exhilarating highs and devastating lows she experienced as a result of her weight loss—the incredible joy of finally beginning to look like the image of herself she's always carried inside her head, and the crushing pain and confusion of feeling like a stranger in her own body after losing the weight that has always defined her.

From Booklist After she loses 180 pounds from weight-loss surgery, Larsen lives happier ever after. As she says in her epilogue, written more than five years after the procedure, she never regrets going under the knife. Still, she doesn't see it as a panacea: "Being skinnier is far, far easier in this world than being fat, and being skinny does not solve all your problems." She describes how she changes inside and out, even though she hardly becomes the poster girl for healthy living. Before her surgery, Larsen stops at the convenience store to get two 20-ounce liters of diet Pepsi, two king-size Kit Kats, and a pack of menthol cigarettes. Afterward, she does buy a bike, but she also keeps smoking and drinking too much alcohol. Throughout her honest memoir, she bravely shares her emotions about being fat and unhappy, which should help slim readers feel empathetic and remind those who are overweight that they are not alone. --Karen Springen "Honest, brave and sparkingly funny, Larsen's memoir reminds us that one size doesn't—and shouldn't—fit all."—People Magazine "For all the noise our culture makes about fat and thin and health and perfect bodies, Jen Larsen's voice rises above the clamor, disarming and funny but unflinching, too. Combining

stark honesty with generosity of spirit, this story of loss and recovery is like no other."—Wendy McClure, columnist for BUST Magazine and author of *The Wilder Life*"An arresting memoir about the author's experience with weight-loss surgery. Larsen initially lied to her mother about the nature of her surgery and didn't tell her the truth until well after the procedure. She admits that her librarian co-workers 'probably knew more than I did' about the risks and potential complications, and she spread the first payment across three credit cards. When a doctor reprimanded her for gaining, rather than losing, weight before the surgery date, Larsen asked, 'If I don't lose the weight, can you still operate?' She smoked and drank heavily. After her painful recovery, she 'ate whatever I could fit inside me, and suffered for it, and lost weight anyway.' In the hands of a lesser writer, all of these facts could lead readers to feel judgment or disgust. Instead, Larsen's honesty and insight make for a searing account of precisely what it feels like to be fat and to have complicated relationships with food, family and friends. We understand exactly why one would look to surgery as a solution to not only excess weight, but also fear, loneliness and unhappiness. Larsen eventually lost the weight, and she also moved on from her dead-end job and her bad relationship. But though her life is measurably better, she still reels from the shock that self-acceptance did not come automatically: 'You lose weight without having to develop self-awareness, self-control, a sense of self. In fact, you go ahead and you lose your sense of self.' Raw vulnerability and rigorous emotional honesty make this weight-loss memoir compelling and memorable." —Kirkus s