



Book Overview

How One Woman Let Go of Perfection, Found Her Confidence and Lost Over 220 pounds.

Written by the “Queen of the Lost and Found Department”, Judi Finneran has lost and found a whopping 2500+ lbs. since becoming an adult! Ultimately, she reached a heart-breaking 350+lbs., but today is down by over 220 lbs. (over half her body weight) and has lost 14 dress sizes. This book is her journey of how she and you can embrace a life-altering decision: lose weight for life.

Reading her story will make you laugh... and cry. Who else joins Weight Watchers under 8 different names because she didn't want to admit she gained all the weight back? Who else realizes she can't traverse the zip-line in Costa Rica because the straps won't fit around her waist? And, who orders 14 bags of onion rings from Jack in the Box and pretends that she's ordering them for a party when they're really just for her? With honesty, humility, and self-deprecating humor, Judi reveals the raw truth of how she packed on every pound. Her motivation becomes our inspiration. If she can do it, we know we can too!