



703: How I Lost More than a Quarter Ton and Gained a Life

Nancy Makin

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A moving, funny, tongue-in-cheek memoir about a woman who lost and found herself online.

Nancy Makin weighed an astounding 703 pounds in May 2000. She was forty-five and suffered from obesity-related maladies. Due to shame and logistics, she was homebound for a dozen years.

But all that changed when she received a computer. In cyberspace she found the friendliness, the connection, the acceptance and the nurturing she'd been missing for so long. She followed no particular diet plan; no surgeries, pills, potions or ab-crunching exercises played a part, and yet today Nancy has lost more than 530 pounds and kept it off for more than seven years. Her tale is one of redemption and shows a growing America that there is hope...if you believe.

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