



I'm Still Hungry

Carnie Wilson

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In 1999, Carnie Wilson was 300 pounds, unemployed, depressed, and sitting in a doctor's office being told that she probably wouldn't live much longer. Knowing she had to do something to save herself, Carnie opted to have gastric-bypass surgery. After the operation, she decided that she wouldn't just work on having a new body, but also a new life. Carnie related that moving and inspirational story in her bestselling book *Gut Feelings*. Now, in *I'm Still Hungry*, Carnie picks up where she left off. This book offers a unique way of showing the progression of weight loss through a personal and unique diary, detailing how she got her head in the right place as the weight came off. This didn't just involve getting down to 145 pounds—it was also an arduous mental trip that forced Carnie to conquer her fears and insecurities, helping her discover a new type of strength and willpower.

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