



Fat Woman on the Mountain: How I Lost Half of Myself and Found Happiness

Kara Richardson Whitely

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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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