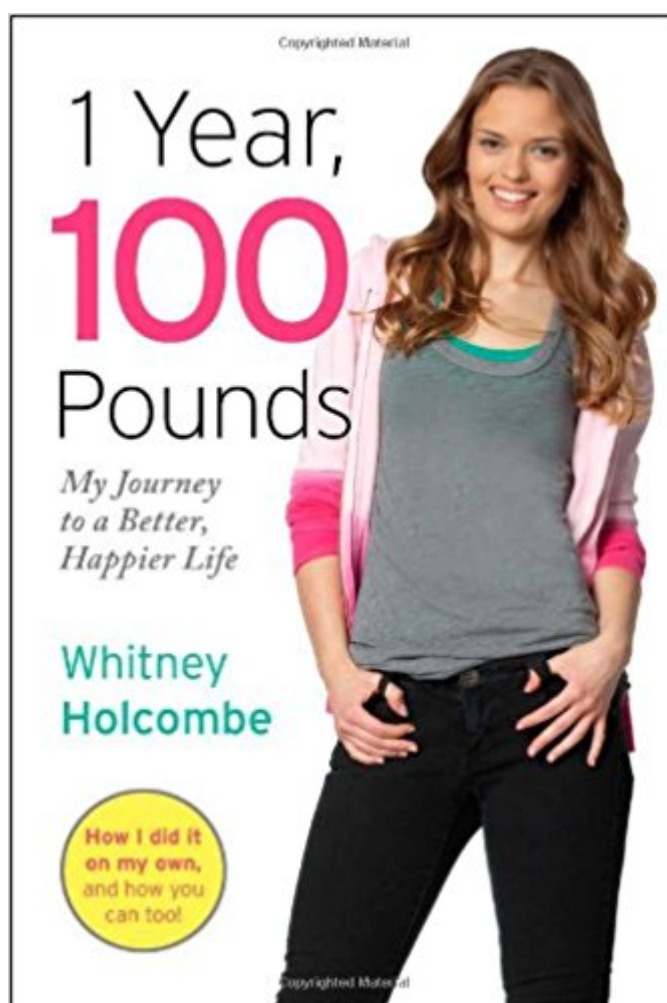


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# 1 Year, 100 Pounds: My Journey To A Better, Happier Life (English And English Edition)



## Synopsis

Part cheerleader, part drill sergeant, Whitney Holcombe chronicles how to transition from "the fat girl" to being a healthy, confident young woman. At age fourteen, Whitney Holcombe stepped onto her bathroom scale and a number glared up at her: 230. That number controlled her life until one day she went for a walk that changed everything. A little bit memoir and a whole lot of advice, *1 Year, 100 Pounds* follows Whitney's journey to battle obesity, negative self-image, and peer ridicule. Through following a healthy diet and exercise routine, Whitney shed the pounds without pills, trainers, or surgery. And along the way, she discovered the confidence to love her body. Reviewed by experts in the fields of diet, health, and fitness, with a foreword by Dr. Joseph Colella, a leading bariatric surgeon who endorses Whitney's method of healthy weight loss over surgery, *1 Year, 100 Pounds* is a personal guidebook packed with tips for making healthy food choices, easy exercises, and inspiration that empowers you to change your own life.

## Book Information

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[Nutrition](#) #184 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#)

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

Gr 8 Up • One hundred pounds overweight at the age of 14, Holcombe made the life-altering decision to slim down. Over the course of a year, through exercise and healthy eating, she dropped 100 pounds and was able to change not only her body shape but also her self-image. Drawing on her own experience, she has crafted a self-help guide for teenage girls desiring to lose weight.

Writing in a friendly, informal style, she takes a common-sense approach with a bit of tough love and encouragement thrown in. Exercise routines, nutrition advice, and meal planning are included. Additionally, Holcombe addresses potentially thorny topics such as how to deal with family members whose unhealthy eating habits pose a challenge to weight-loss success, how to work on issues of motivation and self-discipline, and strategies for dealing with challenging situations that might sabotage progress, like eating out and sleepovers with friends. Holcombe is a cheerleader for adopting a healthy lifestyle-there are no quick fixes here. In fact, she is critical of those who opt for bariatric surgery or follow any kind of fad diet. Recommended for teens looking for a get-your-life-in-gear pep talk followed by good solid advice. —Ragan O'Malley, Saint Ann's School, Brooklyn, NY --This text refers to the Hardcover edition.

This highly readable book is a combination of Holcombe's autobiographical journey to lose weight and a how-to of healthy living aimed at teens. Holcombe stresses that self-esteem and a sustainable healthy lifestyle should be the goals of readers, not simply weight loss. After losing 100 pounds in 1 year at 15, Holcombe became a successful blogger and a spokesperson for battling teenage obesity, and it's her inspiring personal narrative that distinguishes this from the usual dieting fare. Alongside her success story, Holcombe includes lists of healthy foods and exercises, and she educates teenagers about healthy living and encourages readers to set attainable goals to help build self-esteem. Written in a natural, friendly voice, the text clearly intends to counteract the harmful ideas about body image that often target teenagers and to offer a healthy lifestyle alternative to weight loss surgeries and medications. During a time when teenagers receive multiple messages from society, this is a good book to have on hand. Grades 8-12. --Bethany Fort --This text refers to the Hardcover edition.

This book is easy and very informative. Loved all her ways she kept motivated and focused on her goals. I have never thought of all those things before. A very practical and basic book especially for teens wanting to get serious about losing weight.

As someone who has always had a weight problem it is inspiring to read about the success of others. This is an especially good read for young people who struggle with their weight.

One of my good friends wrote this book and I think it can be really inspiring for younger adolescents who are struggling with their weight. Definitely would recommend!

Whitney writes as if she's talking one on one with a teenage girl. Being in my mid-twenties some it was a little juvenile but she still had some great tips and insight that I'll be able to use moving forward!

I got the book hoping my granddaughter would read it but she hasn't so I did. I don't need it. My hat's off to Whitney. That too a lot of drive and strength. I admire her, she did a very helpful thing by writing this book. Thank You

Excellent book, my wife wanted and couldn't put it down, very useful information

I first read about Whitney's story in an issue of Seventeen magazine and thought she was so inspirational and I was so excited to find out she was writing a book!!! like her approach to weight loss because she basically says, start right now, right where you are. Her story is also encouraging because she was only 14 years old when she lost 100 pounds in one year and she did it herself. Throughout the book she offers tips and tricks to help young girls/teens in their weight loss journeys. The best part is that Whitney has kept off her weight for 9 years!! You know in books or biographies where they have a middle section with pictures of themselves? I'm sad because this book didn't have that and I would've love to have seen some before and after pictures of Whitney and her weight loss, although she does have a few on the back inside cover. I would recommend this book to anyone, even adults, if they need a jolt of inspiration and cheering on for getting healthy and losing weight and also pursuing their dreams. I read this book in a matter of a few days but will definitely read it again and will refer to it very often!!:)

This book was okay...for a kid who is overweight and has a LOT of weight to lose and has no underlying health issues that would stop them from losing weight, this might be a very good place to start and there are clearly people who DO find her inspirational. However, I would like to point out there's no such thing as a one size fits all diet plan and that not all overweight people ate their way to obesity. I also found Whitney's tone a little bit pretentious and off-putting. Her tone across the book is a little harsh and seems to say that her way is the ONLY way to lose weight and reminds the readers over and over again that it's their fault they're overweight and the only way their problems in life can be solved is by losing weight. I am working on my own weight loss myself and have been working at it for the last three years without hurting myself through means such as starvation,

laxative abuse, or purging. So far I've lost almost forty pounds. I was diagnosed with PCOS when I was 15 so losing weight is much harder for me than many other people. But don't sit there and tell me I got to be the size I was by being lazy or helping myself to seconds or thirds. That may be the case for SOME people, but not for everybody and I find Whitney's approach to how people get overweight to begin with really preachy and almost insulting. Take this as one woman's biased account. After all, the best person to be reading and reviewing this probably shouldn't be someone who's ever had an eating disorder, or who has been diagnosed with a medical condition where they gain weight much easier than others. But if you're not easily triggered/offended, or you're better motivated by "tough love" (some people are), then that's fabulous, and I wish you the best of luck on your weight loss journey.

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