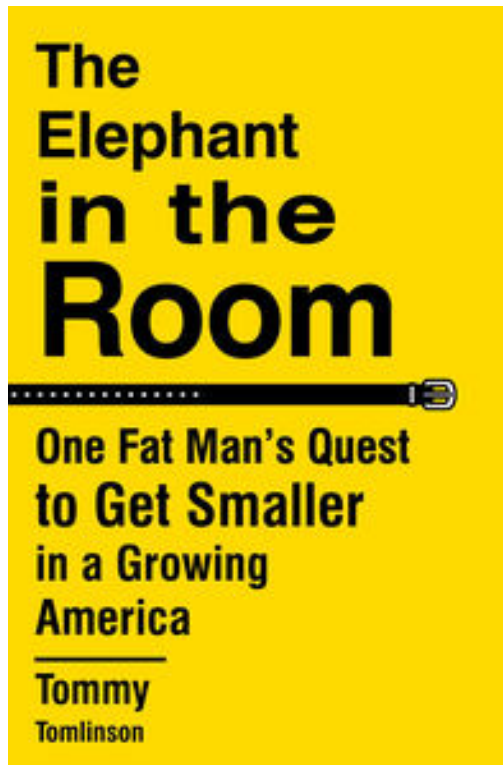


Download PDF Online Book The Elephant In The Room - Tommy Tomlinson Free EBook PDF/ePub/Mobi



Download PDF Online Book The Elephant in the Room Tommy Tomlinson Free eBook PDF/ePub/Mobi, "Inspirational...I loved this book. I found myself sneak-reading it from the moment it came in the door. As with a sack of White Castle burgers, I hated to reach the end....[Tomlinson] writes exceedingly well." —Dwight Garner, *The New York Times*

The government definition of obesity is a body mass index of 30 or more. My BMI is 60.7. My shirts are size XXXXXL, which the big-and-tall stores shorten to 6X. I'm 6-foot-1, or 73 inches tall. My waist is 60 inches around. I'm nearly a sphere.

Those are the numbers. This is how it feels...

So begins *The Elephant in the Room*, Tommy Tomlinson's remarkably intimate and insightful memoir of his life as a fat man. When he was almost fifty years old, Tomlinson weighed an astonishing—and dangerous—460 pounds, at risk for heart disease, diabetes, and stroke, unable to climb a flight of stairs without having to catch his breath, or travel on an airplane without buying two seats. Raised in a family that loved food, he had been aware of the problem for years, seeing doctors and trying diets from the time he was a preteen. But nothing worked, and every time he tried to make a change, it didn't go the way he planned—in fact, he wasn't sure that he really wanted to change.

In *The Elephant in the Room*, Tomlinson chronicles his lifelong battle with weight in a voice that combines the urgency of Roxane Gay's *Hunger* with the intimacy of Rick Bragg's *All Over but the Shoutin'*. He also hits the road to meet other members of the plus-sized tribe in an attempt to understand how, as a nation, we got to this point. From buying a FitBit and setting exercise goals to contemplating the Heart Attack Grill in Las Vegas, America's "capital of food porn," and modifying his own diet, Tomlinson brings us along on a candid and sometimes brutal look at the everyday experience of being constantly aware of your size. Over the course of the book, he confronts these issues head-on and chronicles the practical steps he has to take—big and small—to lose weight by the end.

Affecting and searingly honest, *The Elephant in the Room* is a powerful memoir that will resonate with anyone who has grappled with addiction, shame, or self-consciousness. It is also a literary triumph that will stay with readers long after the last page.

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If you realise your the elephant in the room so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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