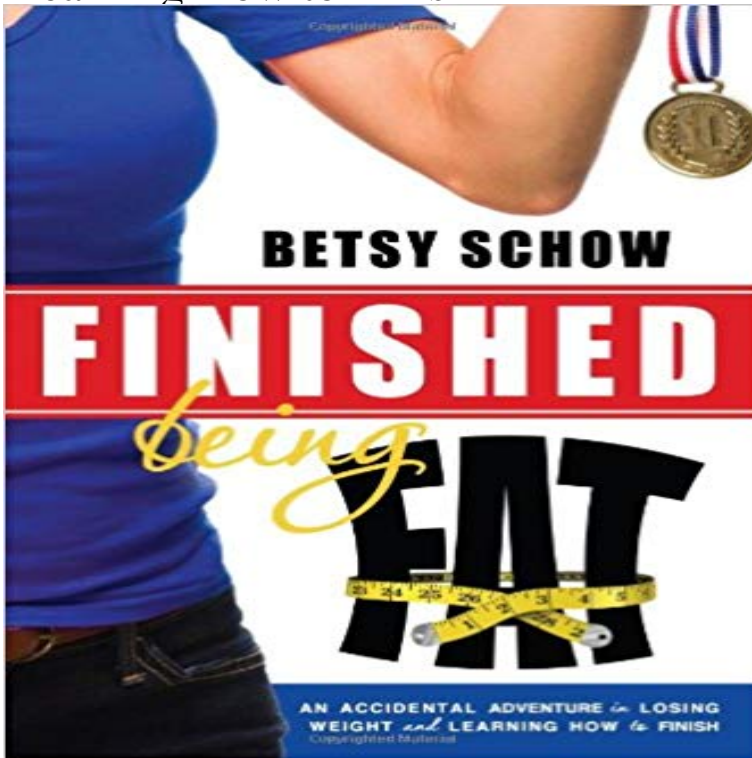


# Finished Being Fat: An Accidental Adventure in Losing Weight and Learning How to Finish



Not everyone can win the race, but everyone can finish it. In her quest to wish away an extra 75 pounds, Betsy changed her life for good. Using her Philosophy of Finishing, she snowballed her efforts from weight loss into a bucket list of seemingly impossible dreams. This inspiring account of one woman's journey will help you find the strength to conquer your most daunting goals and unfinished projects.

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