



Half-Assed: A Weight-Loss Memoir

Jennette Fulda

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After undergoing gall bladder surgery at age twenty-three, Jennette Fulda decided it was time to lose some weight. Actually, more like half her weight. At the time, Jennette weighed 372 pounds.

Jennette was not born fat. But, by fifth grade, her response to a school questionnaire asking “what would you change about your appearance” was “I would be thinner.” Sound familiar?

Half-Assed is the captivating and incredibly honest story of Jennette’s journey to get in shape, lose weight, and change her life. From the beginning—dusting off her never-used treadmill and steering clear of the donut shop—to the end with her goal weight in sight, Jennette wows readers with her determined persistence to shed pounds and the ability to maintain her ever-present sense of self.

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