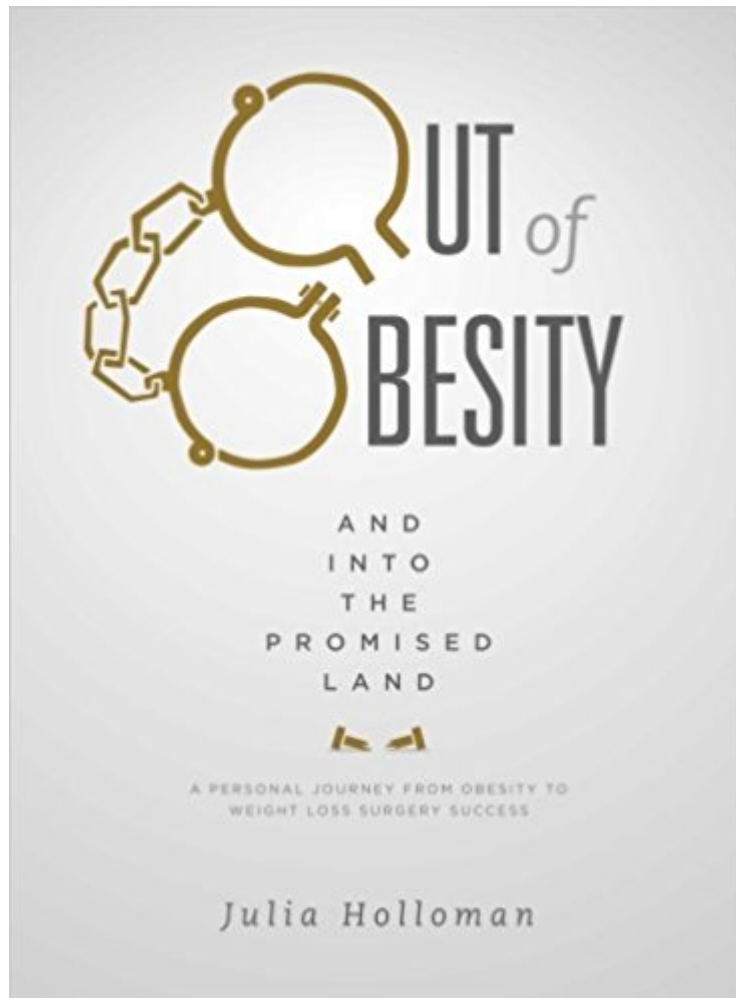




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# Out Of Obesity And Into The Promised Land



## Synopsis

Julia Holloman seemed to lead a perfect life. Raised in a small farming town in eastern North Carolina, she grew up on old-fashioned family values and traditional Southern cooking. She married her first love right out of high school. A few years later, he was a successful businessman; she was a talented homemaker. She cooked, decorated, threw dinner parties, taught Bible study, and homeschooled their three children. There was just one problem—her weight. After thirty years of yo-yo dieting, she tipped the scales at 302 pounds. She not only battled her weight, but also high blood pressure, pre-diabetes, high cholesterol, joint pain, sleep apnea, and thyroid problems. When her endocrinologist suggested bariatric surgery, Julia believed she had finally found a solution to the nagging issue that had cast a shadow over her otherwise happy life. In 2006, she opted to undergo gastric bypass surgery. Julia followed the commandments of bariatric surgery and shed 164 pounds. But even after the pounds were gone, her hunger remained. She quickly learned that surgery would not be her long-awaited destination, but rather the starting point of an epic weight-loss journey. Julia shares all that led to her remarkable success, including the wisdom she acquired, her quest for emotional and physical healing, and what was perhaps the most significant contributor of all: her extraordinary journey of faith. Endorsed by leading healthcare professionals, *Out Of Obesity and Into the Promised Land* contains clinical and scientific information as well as easy to understand guidelines for how to successfully achieve essential weight loss and maintain it. As Julia navigates the four phases of bariatric surgery, she shares her personal account of the battles, temptations and challenges that eventually led to her physical, emotional and spiritual freedom. Following the biblical story of how the Israelites, who with God's intercession, escaped their captivity and reclaimed their Promised Land, Julia shares how she broke free from the grip of obesity and came to dwell in her own Promised Land. This remarkable book can help you reach yours, too.

## Book Information

Paperback: 344 pages

Publisher: CreateSpace Independent Publishing Platform; April 27, 2014 edition (April 27, 2014)

Language: English

ISBN-10: 1497559464

ISBN-13: 978-1497559462

Product Dimensions: 7 x 0.8 x 9.5 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,472,145 in Books (See Top 100 in Books) #94 in Books > Medical Books > Medicine > Internal Medicine > Bariatrics

## Customer Reviews

Since surgery, Julia has become a certified bariatric surgery coach. Her outreach also includes the leadership of a number of support and bible study groups, a blog ([www.milestogoblog.com](http://www.milestogoblog.com)) that enjoys thousands of followers, and a public speaking tour. A woman of immense Southern charm and purpose, Julia lives in Wilmington, North Carolina. She will be the first to tell you that her greatest gifts are her husband of 38 years, her three children, four grandchildren, and her relationship with God.

Oh how I loved this book! I am just now beginning the process for RNY bypass weight loss surgery so I got this book to help me in my research. I honestly feel that God lead me to it. Packed full of information from the author's entire journey from deciding to pursue weight loss surgery all the way through until a few years post surgery. I read this book with a highlighter in hand and have highlighted many passages that I know I will go back to again and again. Truly this book has been an irreplaceable facet of my research and I am very thankful to have found it. Julia doesn't mince words, but instead goes into great depth over every aspect pertaining to pre-op, the surgery, and post op. She doesn't sugar coat anything and approaches the surgery from a realistic and personal stand point. This is a major, life altering decision to make and she explains her experience so well that I had no question left unanswered. I found myself in these pages...in many spots it was as if I had written this book, or that she'd somehow gotten into my head. I related very well to so many things the author spoke about. Bottom line, I had a little bit of nervous fear going into this on whether or not I was making the right decision to pursue surgery and after reading through this book I no longer have this fear but instead have given it over to God and feel I am ready. I HIGHLY recommend this book to anyone looking into weight loss surgery, whether it is the RNY bypass, the lapband, the sleeve, the duodenal switch, or any other that I am unaware of. I would also recommend it to any family member of one who is going to have the surgery, so that they can prepare themselves for giving the best support they can possibly give.

This book is very helpful to me in my journey after bypass surgery. But you don't have to have had the surgery for the book to help you.

Great book - gives real insight into the decision of having RNY.

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