

Kara Richardson Whitely knew that she could reach the summit of Mt. Kilimanjaro. She had done it once before. That's why, when she failed in a second attempt, it brought her so low. As she struggled with food addiction and looked for ways to cope with feelings of failure and shame, Kara's weight shot to more than 300 pounds. Deep in her personal gorge, Kara realized that the only way out was up. She resolved to climb the mountain again—and this time, she would reach the summit without waiting for her plus-sized status to disappear. *Gorge: My Journey up Kilimanjaro at 300 Pounds* is the raw story of Kara's ascent from the depths of self-doubt to the top of the world. Her difficult but inspiring trek speaks to every woman who has struggled with her self-image or felt that food was controlling her life. Honest and unforgettable, Kara's journey is one of intense passion, endurance, and self-acceptance.

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