



Out of Obesity and into the Promised Land

Julia Holloman

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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.

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