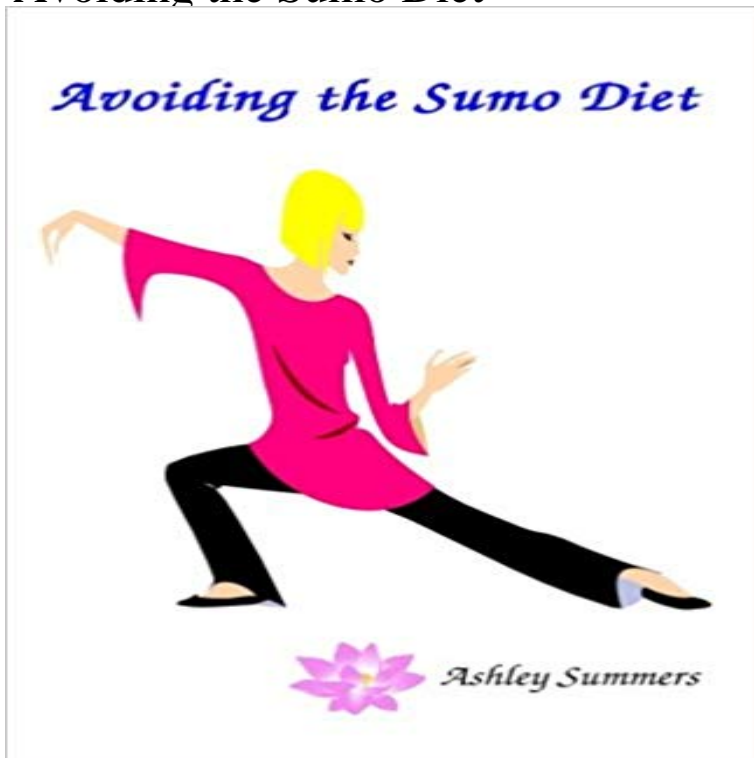


## Avoiding the Sumo Diet



This book is about me and how I changed my whole life. My name is Ashley Summers and I used to be fat. Not just a little fat, but very fat. All the problems in my life seemed to revolve around my weight. I was always the one hiding in the back of group photos. When possible, I would often try to avoid the camera in the first place by making excuses about how my hair was a mess when it wasn't. Looking back now, I realize I wasn't fooling anyone. One of the most embarrassing moments was when a little girl approached me in the mall to ask if I was going to have a boy or girl. Kids don't seem to have any inhibitions; they say what comes to their mind because they haven't developed a sense of self-censorship. You might be wondering why it was embarrassing to be asked that question. It was embarrassing because I wasn't pregnant. Most people don't understand how it feels to be judged and marginalized. The world just isn't fair for people who aren't normal. People assumed that I was lazy or that I didn't care about myself. These assumptions can actually hurt a person's chances of success. For example, did you know that according to research, overweight people are far less likely to be hired? The worst day of my life was ironically the best day of my life, because it forced me to change. Losing the weight was actually really easy after I figured out what I was doing wrong. Have you ever seen those really huge Sumo wrestlers on TV? Believe me, they are way bigger when you see them in real life. Those people aren't enormous by random chance, they gain the weight with a special diet. They have been doing this for thousands of years. I thought I was eating okay most of the time, but in reality, I had a diet that was similar to a Sumo wrestler. When I was in Japan, I learned a lot about them. I decided to just do the opposite of what they were doing and it worked! I used to undereat in

the morning and overeat in the evenings. So, in other words, I consumed all my calories during a short span of time rather than having them spread throughout the day. Not to mention that the type of calories I was consuming wasn't healthy. I now weigh 121 pounds (about 54 kg). I am 5 feet 3 inches tall, which means that I am doing well according to the BMI chart. I am so proud of myself; I had no idea that the solution was so simple and easy. As I reflect back on my journal, it seems as though the weight just melted off in no time. I used to be a baby elephant but now I am a feather.

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