



Stranger Here: How Weight-Loss Surgery Transformed My Body and Messed with My Head

Jen Larsen

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Jen Larsen always thought that if she could only lose some weight, she would be unstoppable. She was convinced that once she found a way to not be fat any more, she would have the perfect existence she'd always dreamed of. When diet after diet failed, she decided to try bariatric surgery, and it worked better than she ever could have dreamed: she lost 180 pounds. As the weight fell away, though, Larsen realized that getting skinny was not the magical cure she thought it would be—and suddenly, she wasn't sure who she was anymore.

Stranger Here is the brutally honest, surprisingly hilarious story of one woman's journey from one extreme of the weight spectrum to the other, and of the unexpected emotional chaos it created. Insightful and unsparing in her self-examination, Larsen depicts the exhilarating highs and devastating lows she experienced as a result of her weight loss—the incredible joy of finally beginning to look like the image of herself she's always carried inside her head, and the crushing pain and confusion of feeling like a stranger in her own body after losing the weight that has always defined her.

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