



KELLEY GUNTER

YOU HAVE SUCH A  
PRETTY  
FACE

A Memoir of Trauma, Hope,  
and the Joy that Follows Survival

Kelley Gunter

## You Have Such a Pretty Face



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Perhaps you have struggled with weight problems, poor self-picture, weight-related health issues, or simply a feeling of inadequacy or meaninglessness? Are you tired of feeling left out of the active world around you? As an adult, her demons implemented her into her professional lifestyle, where co-workers and also supervisors perpetuated the hurtful body-shaming she had arrive to know so well. It's a choice many consider, often after attempting and failing over and over again with exercise and diet. The economic burden? She also endured unexpected life-threatening problems that still left her not merely bedridden, but saddled with additional debt and recovery period. But how about the side-effects? The psychological toll? Kelley Gunter found herself dealing with all of these issues and much more as she weighed the decision to endure bariatric surgery. Finding hardly any personal accounts from those that had gone through the same struggles, she made a decision to reveal her experience in an effort to help others facing the same decision. Gunter struggled with her pounds from an early on age. For those seeking motivation, she offers the triumphant story of a desperate, but determined woman who takes issues into her own hands and reclaims the life span she deserves." An all natural athlete and a high-school cheerleader, she attempted to remain positive as well as physically- and socially-dynamic, but her weight constantly thwarted her efforts to achieve the fulfillment she craved so desperately. Have you ever contemplated weight-loss surgery? She attended workshops and meticulously researched various procedures until she found one that was right on her behalf.'" Whether you have grappled with personal body image, yo-yo dieting, lifelong pounds issues, or actually morbid weight problems, you will see personal inspiration through Gunter's compelling personal story of pain, struggle, and ultimate personal triumph. Her personal romantic relationships suffered as her constant craving for love and acceptance caused her to make poor decisions in intimate partnerships. She worked to get the necessary funding, taking right out loans to make her goal possible. The pain? Readers will trip with her as she works her in the past to wellness, cry with her as she wrestles with the barrage of emotions that come with fast weight loss, and rejoice with her as she begins to realize her goal of physical and psychological wellness. The reader will follow her as she copes with the first phases of recovery, where also the simplest tasks such as for example strolling to and from the toilet became extremely difficult struggles. Gunter network marketing leads the reader through her whole weight-loss trip in vivid detail. Mustering all her power, courage, and faith, she undertook the monumental job of planning herself for weight-loss surgery. For those contemplating bariatric medical procedures, Gunter offers guidance, words of wisdom, and personal illustrations from starting to end. For all those seeking motivation, she presents her personal story of spiritual faith, family, and friendships that served as a guiding force in her ongoing recovery and personal growth. Always self-conscious of her body, she endured the taunts of her classmates, rejections from males, and painful nicknames such as for example "Richter" and "Tree Trunk Legs. "When the globe says, 'Give up,' wish whispers, 'Try it one more time. Gunter knew it was time for a modification.



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Outstanding!! I also cannot "eat simply one" so there's no tasting someone else's dessert. I acquired it in the mail 2 days ago and sat reading it for the next 5 hours with very little breaks.. The author describes what it's prefer to develop up obese in a society that bases one's value on your appearance. As I go through it I experienced like I was reading my very own tale. The teasing, the bullying and sorrow she went through so matched my entire life. Kelley, you are an incredible woman with incredible strength! She described her experiences of experiencing gastric bypass surgery at length and rather than turning me off to the theory it has made me a lot more determined to utilize this tool to change my entire life and my wellness. I would highly recommend this publication to anyone beaten down by the struggles of life but especially those that live with weight problems and the ones considering Bariatric surgery. I would have liked to listen to her tale about how she did not base her success and ability to overcome on her looks, but that is what the book was about- that she was hardly ever good enough, and everyone else is certainly horrible, but she actually is good now only due to her weight reduction and plastic surgery. You'll be transformed by this book! READ THIS BOOK!! therefore in the end you won't only find yourself in the pages but you will sure you aren't reading this book by accident. I felt what she was going through because I been through that myself. Her insight into relationships, self esteem, weight loss, self like and so many more problems, is refreshing therefore so Very useful! This book provides been pivotal to my abilities to not only help others, yet to help ME challenging above issues. She's been through Hell and has turn out Happier, Healthier and with so very much wisdom and knowledge to help people. Her life story is amazing and sharing the data from her grandmother, mother, doctors, and what she experienced is definitely well worth the browse.. Kelley Gunter is normally, in my book, a high NOTCH person and her encounters have helped so many in their own personal journies of recovery???????? This book is awe inspiring! Kelley you are amazing. As I read Kelley's book, I had my ah ha second. This book isn't just for people that have had weight loss surgery.. We are in need of never repeat that phrase again."Each of us is a book waiting to be written,and that book, if written, outcomes in a person explained. This reserve isn't nearly weight reduction or the surgery..! Many thanks Kelley to be so open and honest together with your visitors. If Kelley can pick herself up and reunite on the horse after all she's experienced, than any of us can.. That is basic info everyone should have usage of.. She says that everyone is different and we are.Her doctor warned her about dating after surgery, the sheer vulnerability, the brand new interest that's so intoxicating and so many marry the 1st one! I had to figure all this out without any help. Anyone considering weight loss surgery needs to read this The first thing I noticed was that Kelley's core are so pure. We are worth like because we are worthy...She also appealed her surgery 3 times and had lost hope. ALWAYS appeal, reach out to people who know what to state and document issues with skin, pain, or anything at your doc visits.LOVED her mother's quote."Pay very close attention to who doesn't clap when you win". publication !! I could write so much. It certainly makes you prevent and think about how you deal with others, even though you think you are saying the "right" issue. It had get my heart and it hit near home. Bless her heart, she put up with so much. This is an incredible book! I'm therefore impressed she could do this. Kelley and I've so much in common regarding life experiences but so small in common regarding quality of care before or after surgery. She has done everything and her willingness to reach out to all or any who seek help, is quite refreshing and rare in todays world. Just finished to learn /in one convert/ amazing!! Just finished to read /in one convert/ amazing !..OH WOW! 5+ stars A real survivor. Kelley has really inspired me to have a hard look at my very own struggles and how I've dealt with them. She has put into words issues I wish I possibly could have stated.....Memoir books are

not simple books . Some of the changes are challenging and hurtful to accept, and some of them are welcome and fascinating.. I also discovered myself full of emotions."? Thomas M. CirignanoKelley's reserve is more than only a message about her weight loss, her book is a bigger story , a story filled with honesty #humanMoment 's of survival, struggle, love, heartbreak, determination and pleasure. We are sufficient because we are sufficient. We can take advantage of the lesson she learned on the way.. It's for anyone who provides struggled with self-confidence issues, child misuse or simply always picking the wrong men to make us feel whole..!" Very important to know and understand why... Might God bless me personally with persistence till Kelley end to create her second book . I could not put it down until I completed it.. I am truly blessed to have examine and re-read her publication as well as seen how loving,caring and compassionate she actually is as a individual.3 Beautifully wrote book This book is absolutely amazing.I decided to present myself with this book for Mother's Day !...noises interesting ?I hope you get this book <. I'm not an excessive amount of a reader but when I spoke with Kelley a couple weeks ago she stated you need to read my book. I went thru a very hard break up and was feeling really down and blaming myself for the way I looked and how "big" I was for him to leave.. This book reassured me that not really matter your size or what life event is occurring you are BEAUTIFUL..! Well done Kelly, you should be proud! Awesome book. I hope to understand by reading and listening to this publication how she was able to break free. Incredible strength and courage This book is this inspiring book that gives others hope if they feel there is absolutely no hope!. Kelley gives credit to God and several people in her life that walked her journey with her! Her tale of overcome obesity, despair, and low self esteem experienced me in tears about a minute and cheering the next. She is such an inspiration to me. Highly inspirational This book kept my attention throughout reading. It was extremely inspirational, and motivating. Also, could have the opportunity to drive 4 hours to watch Kelly speak personally and meet all of her supporters as well. I am very excited for another book to come out. Not what I thought it will be about This book was difficult to read because the author seemed to paint herself as a victim of every circumstance. I read it hoping to hear styles of overcoming obstacles but there was an underlying theme of bitterness. I can relate to so much in her book. Grab lots of tissues as you'll require them. Not really the message I want my daughters to hear. With incredible quality of writing Kelley consider you through her existence chapter about her physical and mental curing and transformation to share with your her life wisdom she obtained through her existence.Kelley said:"Any period we transformation ourselves, it changes everyone around us seeing that well. I would not recommend the book. There are many others out there that will help someone overcome issues and discover self worth (ex-Brene Brown) Not just another weight loss publication! I understand never again to say to someone, you have such a pretty face. It is an incredible book that tells a story of anyone who has faced adversity and has turn out on the other hand by the grace of God, family and friends. Kelley's journey varied a little from mine. It really is obvious that she did proceed through bullying and abusive situations, however, in addition, it was apparent that she is still dealing with her trauma." You Possess Such a Pretty Encounter" by Kelley GunterIt was long in my "to read" bucket list, books worms browse list is constant one and incredibly long, therefore many books so short amount of time . Thank you for being this inspiration and many thanks for writing an incredible book.! You have such a fairly face This amazing book! I did so not experience the pain she did whilst having reconstructive medical procedures and didn't have any problems after pounds loss surgery...?????? Kelleys book is indeed helpful for anyone coping with life and medical issues!.. Took me quite a long time but fought through it all including my

weightloss journey.! With God and faith lifestyle changes really can happen!. She influenced me and to never quit. Go buy this reserve, you won't become disappointed... It really is more than just a pretty encounter... My weight loss medical procedures was 17 years ago also. You are worthy! You are loved! That is essential needed book.. It doesn't come in a shape or size. We might believe we are complimenting a person, but to that person it's an insult. This reserve has made its method into the hands for a reason. It's a must read!! Audio too I also had Bariatric medical procedures and am losing weight but the old feelings remain there. Such an excellent lady. A awesome book I loved this book, Kelley comes with an amazing talent at composing and she may bring you into every type of emotion that she experienced in her life. She writes about how exactly she struggled with bullying as a kid to her weight gain as a scholar and then her weight reduction and all of the struggles she went through to get to where she is today. And today I am following her on FB because. I examine it in two days. I could not place this reserve down. God Bless You as you continue to bless so many together with your courage to talk about your life story! ??



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