



# My Journey from FAT: A Wellspring Story

*Melanie Stone*

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## **My Journey from FAT: A Wellspring Story** Melanie Stone

At age fifteen Jill Richards has created a careful routine that allows her to get through each day without having to try anything new. Then Jill finds a plane ticket with her name on it, destination: FAT. This code represents the Fresno Airport Terminal, gateway to Wellspring Academy, a weight loss boarding school. Her mother, worried that Jill's health is in jeopardy after years of failed diets, wants her to attend. Jill doesn't want to be forced to change. While visiting the academy Jill and her mother learn Wellspring also offers summer camps. Determined to complete grade ten from home, Jill makes a deal with her mom. If Jill learns to be healthy and loses weight at the Wellspring La Jolla summer camp, then maintains these changes at home, boarding school is off the table. Jill and her mom travel from Fresno to San Diego where Jill's journey to gain confidence and fitness begins. Will the Wellspring program work for Jill when all other weight loss plans have failed? Is this more than an ordinary "fat camp"? Jill learns about more than just physical well being at camp. She starts to accept herself, find her strengths, understand her past, and embrace her present and future. By breaking free of old patterns, she discovers how to have fun. This book is an entertaining way for children, teenagers, or adults to learn how to lose weight and think in positive new ways. Well worth a read!

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