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The Fasting Diaries: A Weight Loss Journey

Callie M. Stephens

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When Callie Stephens started college she wanted nothing more than to fit in, a feat made all the more difficult by her 319 pound frame living in a sunny southern California world. After her best friend tells her about how fasting worked for her as an effective means of weight loss, Callie commits to try fasting as well. Finding it to be a quick and reliable method of weight loss Callie proceeds to fast on a regular basis, losing over 100 pounds in the process. The Fasting Diaries is the true record of a young woman’s dark and gripping journey, revealing the day to day and sometimes hour to hour challenges of weight loss, fasting and being a college student with two jobs. Follow Callie’s story as she struggles with insecurities, family dysfunction, and transferring from a local community college to USC, all told in the form of raw, incredibly honest diary entries.

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