



Fighting Weight: How I Achieved Healthy Weight Loss with "Banding," a New Procedure That Eliminates Hunger--Forever

By Khaliah Ali, George Fielding, Christine Ren, Lawrence Lindner

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Khaliah Ali, daughter of Muhammad Ali, shares her success at overcoming obesity through banding surgery—a minimally invasive, reversible, and extremely effective choice for drastically overweight people

When Muhammad Ali's daughter Khaliah hit 325 pounds, she didn't need to be told again that she was morbidly obese. A lifetime of dieting, of starving, had not helped. Miserable, depressed, and unable to walk up a flight of stairs without losing her breath, she did not know which way to turn—until a friend pointed her toward a new type of surgery called gastric banding. It is just as effective as gastric bypass but with a fraction of potential complications. With the band placed around her stomach and completely taking away her hunger, Khaliah slimmed down to half her former size.

Khaliah wraps her story of weight loss in this memoir of what it was like to grow up the daughter of one of the world's most famous men, and teams up with her surgeons at the New York University Medical Center to detail the lifetime of misery suffered by an obese girl; the ins and outs of the banding operation; and the joy, serenity, and health resulting from a solution that until now had eluded her.

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Editorial Review

From Publishers Weekly

Khaliah, daughter of Mohammad Ali, struggled with obesity for most of her life. With a father famous for his athletic abilities (and one sister following in his footsteps) Khaliah felt insecure about her weight. She tried many diets and weight-loss programs, but hunger always got the best of her. At her heaviest, she reached 325 pounds, and even with diet and exercise couldn't seem to get below 220. Khaliah decided to try laparoscopic banding—a surgery this book claims has less risk, less recovery time and better results than gastric bypass. With the help of the band (which is wrapped around the stomach), Khaliah was finally able to lose the weight and step out of her shell. Khaliah is a likable person on the page; she seems to genuinely want to help others get results. The sections written by her doctors explain the mechanics of the surgery, who should or should not have it and what to expect if you do. The audience of the book is clearly limited to those curious about the surgery or at least in the market for a way to lose a large amount of weight. (*June*)

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Review

“A good combination of scientific information and personal narrative, this title belongs in all public libraries.” (Library Journal)

About the Author

Khaliah Ali is an Emmy Award-nominated talk show host, former Ford model, fashion designer with her own line of clothing, and supporter of many charitable causes.

Drs. George Fielding and Christine Ren head the NYU Program for Surgical Weight Loss. Nationally and internationally recognized leaders in the field of obesity surgery, they have authored more than one hundred scientific articles in medical journals and, between them, ten medical textbook chapters.

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Lawrence Lindner is a *New York Times* bestselling writer who has published columns in *The Washington Post* and *The Boston Globe* and has penned numerous books and magazine articles.

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Doreen Looney:

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