***TV’s ‘Ruby’***

How does one begin — and overcome — a weight battle of 700 pounds?

Ruby Gettinger, star of The Style Network’s reality show “Ruby,” reveals her amazing journey in her new memoir “Ruby’s Diary: Reflections on All I’ve Lost and Gained.” She shares the heartwarming and inspiring story of how she beat her food addiction and dealt with the psychological causes behind her eating habits. An excerpt:

Chapter 1: Getting Started

You Never Know What God’s Gonna Do. I was on the treadmill today thinking about how far I’ve come. And I don’t just mean how many miles I’ve totaled on that pedometer thingy. I mean over the last few years of my life, I have come leaps and bounds from where I was. I don’t think it’s all been my doing, although I have worked really, really hard to get here. I feel like God totally orchestrated this whole thing to happen. He triggered something in me so I would put myself out there and tell everyone who would listen all about myself. People always ask me, “How did you come to do this?” They just can’t understand how a real person could get herself to where I was before or where I am now. I owe a great big thank-you to my God.





