

Julie Hadden's Spiritual Journey With Weight Loss

Stay-at-home mom Julie Hadden was 5 feet 1 inch tall, weighed 218 pounds and was obese by medical standards when she pleaded with God to help her lose weight. She had no idea He would use the hit reality-TV show The Biggest Loser to help rid her of both the physical and spiritual weights that controlled her was able to shed the pounds and regain her self-esteem.

She shares her story and tells about being a contestant on season four (2007) in her new book, Fat Chance: Losing the Weight, Gaining My Worth ([click here to purchase](#)). To hear her inspiring testimony, listen to our podcast.

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