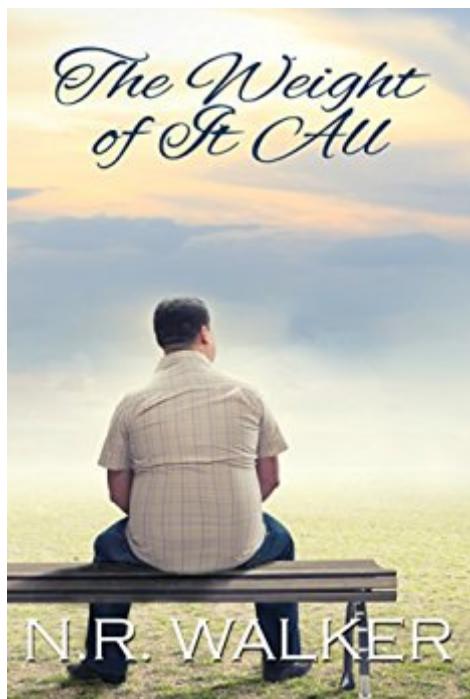


The book was found

# The Weight Of It All



## Synopsis

After being dumped by his long-term boyfriend for being overweight, Henry Beckett decides to make some drastic changes. In a vain attempt at getting his boyfriend back, Henry does the most absurdly frightening thing he can think of. He joins a gym. Reed Henske is a personal trainer who isn't sure he'll ever be ready to date again. He's sick of guys who are only interested in the perfect body image, never seeing him for who he really is. As Reed tortures Henry with things like diet and exercise, Henry enamours Reed with recipes and laughter. As the friendship lines start to blur, Henry is convinced there's no way Thor-like Reed could ever be interested in a guy like him. Reed just has to convince Henry that life isn't about reaching your ideal bodyweight. It's about finding your perfect counterweight.

## Book Information

File Size: 1767 KB

Print Length: 244 pages

Simultaneous Device Usage: Unlimited

Publisher: BlueHeart Press (September 12, 2016)

Publication Date: September 12, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01LYGV7HD

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #176 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Lesbian, Gay, Bisexual & Transgender eBooks > Romance > Gay Romance #2 in Books > Gay & Lesbian > Literature & Fiction > Fiction > Gay #2 in Kindle Store > Kindle eBooks > Lesbian, Gay, Bisexual & Transgender eBooks > Literature & Fiction > Gay Fiction

## Customer Reviews

\*I received a copy of this book by the publisher in exchange for an honest review\* I absolutely adore N.R. Walker's books so when it came up for review, I almost wanted to beg for a chance at it.

Fortunately, I didn't have to lol. This story was incredibly sweet and I loved every second of it. Henry was just dumped by his partner of 8 years because things had just got stagnant. Of course, the ex was rather rude about it saying Henry was old and fat; and at 35, he wasn't old by any means but he was a bit overweight. It seemed like their relationship was over long before it actually was though and it was good that it ended. It left Henry feeling pretty sorry for himself though and he knew he needed a change. He was heartbroken and had low self-esteem, so he decided to join a gym. Good thing he did, that's where he met Reed. I loved Reed. He was patient and encouraging. He was such a good friend to Henry and the two of them were hilarious together. I mean, everything that came out of Henry's mouth was hilarious, he literally made me LOL several times. But their banter and flirty-ness, their friendship and the way they encouraged each other. That's what I liked. They didn't automatically jump into anything, they got to know each other and got comfortable with each other. Henry got to realize some things about himself and about his previous relationship that he needed in order to get over it and heal from it. He learned to accept himself the way he was accept that Reed liked him for who he was too. They were seriously, so very perfect together. There wasn't drama and angst in this book. There was no exes that came out of the woodwork and caused trouble or tried to be snarky and petty and mean.

The Weight of It All is the sixth novel I've read from N.R. Walker, and this is easily the lightest read of them. It is a sweet and cute story that was easy and often fun to read, but neither the characters nor the plot are very deep, so despite the fact that I enjoyed the story, it left me wanting for something more. Being dumped by his boyfriend of eight years is a shock to Henry Beckett, especially since his ex's reason is that he doesn't want to be saddled with an old and overweight man for the rest of his life. It's a harsh wake-up call that makes 35-year-old Henry realize he wants to get his life back. So he does something that frightens him even more than the idea of being alone (and old and overweight), he joins a gym. His personal trainer, Reed Henske, is a paragon of physical fitness, but his friendliness and ready smile go a long way toward easing Henry into the hell known as exercise. And for some reason Henry can't fathom, Reed finds him sharp and funny instead of an awkward know-it-all. But there's no way someone who looks as good as Reed could be interested in someone like Henry, or is there? The plot in The Weight of It All focuses almost completely on Henry's journey, not just his path to becoming healthier but in gaining the confidence needed in order to accept himself as something more than a thirty-something whose ex-boyfriend called him fat. It is told entirely from his point of view, and the plethora of self-image issues he has makes his voice relatively easy to relate to. He's intelligent and

successful in his career, but he knows he doesn't have much of a filter to keep himself from being awkward in social situations. His defense mechanism to deal with all of this is a rather sarcastic humor that comes across as amusing many times in the book.

[Download to continue reading...](#)

Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook-Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) WEIGHT WATCHERS RECIPES: Weight Watchers Slow Cooker Cookbook The SmartPoints Diet Plan: Easy Crockpot Recipes for Rapid Weight Loss including SmartPointTM (Weight Watchers Smart Point Recipes) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... loss tips, weight watchers for beginners) The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight ... ... Guide to Weight Training for Sports, 18) Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) Healthy by Design: Weight Loss, God's Way: A Christian Devotional Guide to Lose Weight, Feel Great and Reflect God's Glory (1 Cor 6:19-20)

(Biblical)(Weight loss for Christians) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss))

[Dmca](#)