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As a viewer of "The Biggest Loser", I connected with Abby Rike when she spoke of her journey of loss and hope. I purchased a copy of "Working it Out" and couldn't read it without tears, smiles, and inspiration. I became inspired by Abby after seeing how she moves forward after tragic loss.

Working It Out: A Journey of Love, Loss, and Hope by Abby Rike

Working It Out A Journey of Love, Loss, and Hope . By Rike, Abby ... Despite being eliminated, she continued to work out and eventually lost 100 pounds. Abby's journey from tragedy to health (and thinness) is inspiring, the details of TBL fascinating, her exuberance and passion invigorating. ... Publishers Weekly "WORKING IT OUT is a powerful ...

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By Abby Rike New York, Faith Words, 2011 274 pages Spiritual Working It Out is a spiritual memoir of a young speech and drama teacher from Texas who in one shattering moment lost her husband, 5-year-old daughter and newborn son in a horrific automobile accident. Through will, determination, and the grace of God, Abby Rike survived her overpowering grief.

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