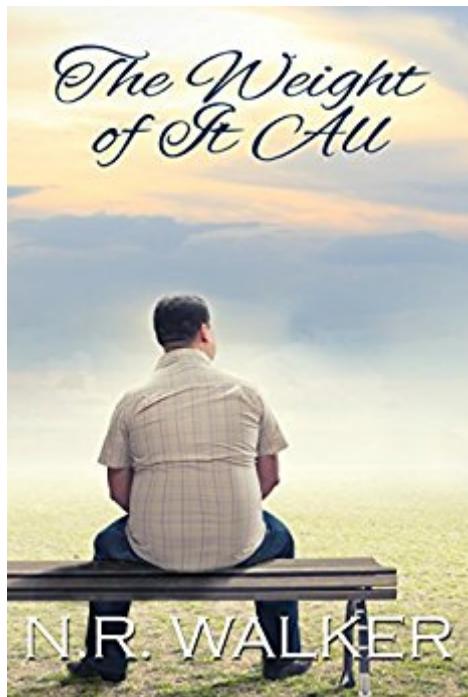


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The Weight Of It All



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.

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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.

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