



## **The Weight of It All**

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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.

## **The Weight of It All Details**

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Author : N.R. Walker

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## From Reader Review The Weight of It All for online ebook

### Bev says

4.5 stars for this read, which put a huge smile on my face throughout. Didn't much care for Henry's whining when he started the gym, but who doesn't whine when they first start exercising after years of being a couch potato?? I loved Henry's filter-less mouth [which mostly wasn't malicious], and the ability he had to make his personal trainer Reed smile even when Reed and especially Henry didn't really feel like it. Loved all the secondary characters too, especially Henry's bestie Anika and her other half Sean, his PA Melinda and Reed's colleague at the gym Emily, and that epilogue?? Perfect.

Just goes to show that the sayings **beauty is only skin deep** and **don't judge a book by its cover** are still relevant in this day and age. Thanks Nic!!

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### Renée says

#### 4.5 stars!

I really adored this book. I'm always a Walker fan, but there's something to be said when any author writes an MC whom you, personally, can relate to. And I related to Henry all over the place.

Henry's partner of 8 years ups and leaves him with a nice parting shot about how he's gotten fat. Douchebag. Henry takes a good look at himself in the mirror (and later the scale) and realized that he does want to lose some weight and be healthier. Enter Reed - the ripped, smokin' hot, Personal Trainer at Henry's local gym.

Henry and Reed hit it off immediately. Not in the form of romance, but just two people who enjoy talking. Friendly and platonic. Later, as they transition into friends who hang out outside of the gym, Henry realizes he may have a bit of a crush on Reed.

The best part of the story was how realistic Henry's insecurities were over the differences in looks there were between he and Reed. Who wouldn't? I've personally always been a tad on the overweight side of the scale, so I can appreciate where Henry was coming from when he wondered why Reed, Mr. Six-Pack Abs and Cantaloupe-Biceps, would even look his way.

Reed was perfect. Almost too perfect. He had his own past and perspective and doesn't like when people make judgments over his looks anymore than Henry does. I swooned over this man!

Henry's journey to a healthier him was so inspiring. It showed that it's not easy - which it's not. There are many people out there who have never battled weight a day in their life and simply love to exercise. And I've personally heard some of them say "It's easy. Just stop eating bad foods and go to the gym. If you want it bad enough, you'll do it." The first part of that statement is incredibly false. It may be simple, but it's not easy. Just like math is easy for some and not others, weight loss is the same. We should never ridicule those for which things don't come as easy as others. The second part of that statement is true, though. If you want it bad enough, you'll do it. And Henry wanted it bad enough.

This one was lower on the steam, but very appropriate. This was a slow burn, friends to lovers story. Jumping in the sack early on wouldn't have made sense for this couple. The steam that was there made up for it IMO, and the epilogue was so awesome!

Between the relatability, Henry's humor, and Reed's perfection, I highly recommend!

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### **~Mindy Lynn~ says**

Once again I found a book that held my attention from beginning to end. I absolutely loved this story and adored the MC and his Thor, Reed.

I like it more and more that authors are putting out books with imperfect characters. Not only is easier for us readers to relate to them, it's more realistic.

Henry has recently been dumped by his asshole of a boyfriend who claimed Henry as being old and overweight. Of course Henry is heartbroken and took the overweight jab to heart. So in a decision to win his douche bag of a boyfriend back he decides to join a gym and lose the weight.

This is where he meets his Thor, Reed.

Reed... What a special guy. Reed is trainer at the gym and takes Henry under his exercising wing. I really loved him. He was so encouraging and positive. He really helped Henry believe in himself and gave him the confidence to better himself for himself and not for anyone else.

The slow burn of this relationship was delicious. I thought the relationship progressed as it should have.

Slow and steady. Henry was just dumped and Reed's ex left him finding it hard to trust another. So it was a natural pace for these guys. But soon what started out as friendship and a budding likeness for cooking turned into a loving romance where these two men's puzzle pieces fitted perfectly together.

Henry may have wanted to get his boyfriend back at the beginning, but what it eventually turned out to be for Henry was a journey of self-discovery, the regaining of his confidence, making new friends, falling in love, and making some awesome food.

There is no way to come away from this story not feeling happy. It's funny, inspiring, and just enjoyable. I recommend it to all my MM loving dolls. Happy reading! xx

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### **~◊~Doxni(ela) ♥ ?? love & semi-colons~◊~ says**

I am a fan of stories about imperfect MCs, and my heart went out to Henry, whose boyfriend of eight years left him, claiming Henry was old (at heart) and fat (250 pounds at 5'10", which qualifies as obese).

Henry decides to lose weight to get his boyfriend (the One Who Shall Not Be Named) back. He is really whiny and negative when he first begins his workout regime. **He complains about EVERYTHING and constantly makes self-deprecating jokes. He puts himself down before others can.**

Honestly, bitching & moaning annoys me in real life, and it annoyed me here. I am very much a suck-it-up-and-shut-up kind of person. I have always been a fitness fanatic, so it was hard for me to relate to Henry. But I was proud of him for not giving up, and he grew on me as the story progressed.

**Thank goodness for Reed, Henry's personal trainer, who takes a very, well, personal interest in Henry.** Reed is gentle, encouraging, and looks like Thor. But Henry isn't ready to date, nope, not at all. He barely pays attention to any of Reed's \*ahem\* many assets.

Henry initially doesn't feel good enough for Reed. **I mean, how could someone who looks like THAT want someone who looks like Henry?** But Reed has a story of his own and wants a relationship based on trust and respect, not looks and protein powders.

I thought Reed was almost too good to be true, but I can't fault Henry for falling and falling hard. Henry and Reed actually have a lot in common. They both like cooking (Henry finds a passion for creating healthier but delicious recipes) and quiet nights at home. They talk about anything and everything. They just fit.

I enjoyed the secondary characters, especially Henry's BFF Anika and her boyfriend Sean. I found myself cracking up at Henry and Anika's crazy conversations.

**This slow-burn, low-angst story is as much about Henry getting healthy, rediscovering friendships, and gaining new self-confidence as it is about Henry and Reed's budding relationship.**

There was not a lot of steam here, but the HEA was just about the BEST EVER. That epilogue had me cheering.

*\*cue Chariots of Fire music\**

~~ BR with my girls: Renée & Catherine ~~

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### **Denise H. says**

\*\*\* Witty, relevant and entertaining ! \*\*\* This is an amazing story ! It is so worthwhile and eye-opening. I loved it ! In Australia, Henry, 30ish, a successful Financial Actuary

is depressed and dejected because he's been dumped by his partner of 8 years. In his despair, he realizes he must find the courage to pull himself up and move on.

Reed, a fitness trainer, is his salvation,  
(Cris Hemsworth look-alike)

because he truly understands Henry; he's patient, and helps him.

Henry's journey to healthy living is full of fun, soul searching, openness, and the willingness and dedication to succeed.

I can relate, because I've been in need of motivation to lose weight and get off the couch. We get to watch Henry progress,

and see Reed leading him to a new lease on life.

This is also a totally erotic and sexy tale

when the men get together. They begin slowly and give each other space and acceptance, plus help each other through the associated insecurities.

This is beautifully written, completely interesting, with dynamic and deeply fabulous characters ! I loved the MCs and of course the best friends and co-workers like Anika and her boyfriend Sean, Melinda, and others. Awesome cast !

Please DO READ this book !

\* It is important, funny, relevant, eye-opening and heartwarming.

Wow !

I highly recommend this to everyone. ENJOY !

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### **? Jaela ? Killer ? QUEEN says**

This has been the best book by NR Walker so far. Absolutely wonderful! Flawless! Total win!

I loved both Henry and Reed. I loved how real Henry was. I loved how Reed helped him rebuild his confidence and not only. Their slow-burn relationship was the best thing that could have happened.

There isn't a single thing I didn't like about this book. It was so so Funny. I laughed so much at what Henry said all the time. He really is a drama queen. His character was amazing. Reed is a sweetheart, too. I liked so much that neither of them was the aggressive/possessive type that we know too well. They were sweet and cute together and perfectly perfect together.

All the secondary characters were beautiful. All Henry and Reed's friends, their families with their support and love made this book more extraordinary.

5\*\*\*\*\* *I wish there were more books of H & R stars!*

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### **Martin says**

What a feel-good story!

I absolutely loved following Henry's path from being an unhappy recently single gay man with a weight problem to becoming a confident man who is happy with his place in life and whose kind character and humor even has his hot personal trainer from the gym he's frequenting after his break-up fall for him.

Hot gym rat Reed is almost too good to be true. I didn't find a single flaw about him, which might literally be the only weakness in this story. Everything else was pure heaven and a great reminder that \*we\* are in

charge of our lives and can make a change if we only want it enough.

Sure, we don't have a hot personal trainer like Reed, who gets REALLY personal with us, but still...

Amazing characters, amazing story.

And even though she only got a very small role in the story, I absolutely loved Henry's mom who keeps frequenting Nespresso shops in hopes that George Clooney himself would show up - because, well, that's what the ads imply, right? Adorable ;-)

5 feel-good stars!

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### **Gigi says**

It's Friday night and I'm *super* crabby that I had to miss GRL2016. **AND** I have to work all weekend too. FML.

BUT, I just finished N.R. Walker's newest piece of perfection and lets just keep this review nice and simple, umkay?

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### **Dia says**

#### **5 stars full of laughter**

**This sweet story went directly to my heart and warmed my soul!**

**It's my first book by this author and what a discovery this was!!**

Henry was such a hilarious character: his whining, his "no filter" conversations made me laugh so hard! It was exactly what I needed right now.

Reed: he was beautiful and smart and funny, had a huge heart and was so sweet - too good to be true! Well he was beautiful on the outside, but on the inside too and that is the most wonderful thing in this book. This story makes you believe in fairy tales once again and I was completely won by this sweet couple! The HOT scenes were pretty amazing too \*just saying\*

It was very easy for me to relate to Henry, because I am not a sports person so all that "*I am going to die*" seems like something I would repeat over and over again too. At least at first.

Well I absolutely adored the way this amazing author described Henry's thoughts, all the phases he went through while working out and also the way he healed over his ex. He learned to trust himself, to eat healthier and to love again!

*What a sweet, sweet story, with slow burning, low angst and a perfect HEA!*

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### **\*J\* Too Many Books Too Little Time says**

#### **3.75 Stars!**

This is probably one of my more likable NR Walker reads. Travis and Charlie still remain my favorite couple, but this was a good read.

I liked the humor. A lot.

But Henry was almost too much. Almost. His lack of self-esteem and constant negative thoughts and comments hovered right there on the edge of being annoying. But I get it. I get why he was like that.

Reed was a great character. Almost too great. He was pretty perfect. I would have liked his POV at times.

I loved Henry and Reed's interactions together though. And I loved seeing Henry gain more confidence.

And then of course there was the lack of steam. While the build up and chemistry was good I would have liked more of Henry and Reed together as a couple.

Still, highly recommend this one.

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### **Meep says**

I LOVED THIS BOOK, seriously, I want to grab sparkly pens, write it's name with floating hearts, then write it some horrendous emo poetry and plan for future little booklets. Thankfully I'll settle for writing a review-type-thingy here. With gifs.

This book came at the right time for me, that likely has a big effect on my opinion. I'm on the diet and learning to like daily walk/jog/pant/huff/crawls so I fully connected to Henry. Not sure if it would have had as much impact without that. To me Henry was very real, relatable and adorable - I mean how could anyone not love him? He's so funny, his voice through-out had me grinning. This could make an incredibly good audio-book.

Despite the book starting with a break-up there's no real angst, it's the story of Henry getting fitter, more accurately of him learning to like himself, and I loved that there was no hokey showdown, and the why of that.

Reed the love interest. Tall, gorgeous, fit, hung, and LOVELY. Dream guy material. But the very best thing

about this book is that the focus is Henry, as great as Reed is it's Henry that come across as adorable and worth winning. Size be-damned. All the way through it's personality that shines, for all the exercising the book isn't about size, it's about size not mattering. And yes, I get that judging goes both ways, and that *maybe* a giant portion of perceived mockery is in our own heads. But I so get the 'don't look at me' and 'I don't fit here' feelings.

And as if there wasn't enough smiles and good feels, and tasty sounding foods already, they then take things slow, they work up to sexy-times, Uno, Scrabble, *then* Horizontal Mambo. That sigh is me melting into a happy puddle of goo.

Then there's an Epilogue.

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### **Natalia says**

This was FUN! ♥♥♥♥♥

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### **Sophia Triad says**

So the solution in order to get fit is to find a nice, gorgeous personal trainer  
... who likes texting me and calling me to ask me how I feel any time of the day and night, because he is worried about me  
....while I whine and KEEP TALKING AND TALKING about the cruelty of life.

Eh... sorry it will never happen, mainly because my husband is a bit aggressive.

So I guess I am doomed. There is no way I will go back to the gym and use all the torture devices without somebody falling in love with me for trying so hard and for being constantly in pain.

Anyhow, the story of Henry and Reed is cute.

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### **Fabi says**

It never fails to amaze me the absolute gems I find sitting in my tbr list. Books that for some crazy ass reason I haven't made time for.

The M/M Romance group March Mini Monthly Gang Bang challenge brought this gem to the top of my tbr. Thank you Saturnine for picking this wonderful book for me to read this month.

I have choked, coughed, snorted and cried in an effort to not laugh out loud while reading this book. It was all in vain, **the laughter peeled out of my lungs and belly** like there was no resistance.

**Henry Beckett has no filter between his brain and mouth.** Words just sort of tumble out. Sometimes he doesn't even realize he has spoken out loud.

I loved him. I loved his humor. I loved his perseverance. I loved his kind and gentle heart.

I also loved his personal trainer, Reed Henske. When I wasn't laughing at Henry (admittedly not often), **I was drooling over the Chris Hemsworth look alike, Reed.** But, unlike Chris, I got to know Reed on a more personal level. **He is even more beautiful on the inside than he is on the outside.** (Hard to imagine isn't it?)

N.R. Walker did imagine it. Then she shared it with us. Over the past year or so I have read so many of her beautiful stories. She has become one of my favorite authors and an auto-buy for anything she publishes.

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### **BTW (Belen) says**

ETA for Audio

Light-hearted story about a man getting his groove back after the end of an eight year relationship.

Joel Leslie shines in his performance. The character voices are great, his timing with the humor is spot on, and the pacing was perfect. 5 Stars for the narration!!

Henry's humorous outlook and how easily and completely he and Reed fit together make this a very sweet romance.

Low angst, humorous romance with a sigh-inducing HEA.

\*\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*~

It was okay, and I do love a good overweight MC gets the gorgeous love interest because their weight doesn't really matter at all and it's all about what's in the inside story...

But I wish Henry would have had a little less attention paid both verbally and internally to how gorgeous and ripped and physically fit Reed is even after Reed explained how little that meant and his backstory.

Also, *sort of* off topic, but would it be so much to ask to get a story with an overweight character who *doesn't* have self esteem issues? But who's all, "Bitch, look at me - I'm chunky and *fine*! You know you want to break off a piece of this!"

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