



# **I Got This: How I Changed My Ways and Lost What Weighed Me Down**

*Jennifer Hudson*

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## **I Got This: How I Changed My Ways and Lost What Weighed Me Down** Jennifer Hudson

A personal and inspirational memoir from Grammy and Oscar winner Jennifer Hudson, focused on her amazing transformation as she embraced a healthy lifestyle and lost over eighty pounds. Soulful and sultry, Jennifer Hudson wowed the world with her powerful voice in *American Idol*'s third season, and then took Hollywood by storm with a star turn in *Dreamgirls* that won her an Oscar for Best Supporting Actress. But before we knew her as an American Idol standout, Jennifer was singing in her church choir in the Southside of Chicago. This uplifting memoir tells the story of Jennifer's meteoric rise from *American Idol* to *Dreamgirls* to her amazing weight loss on the megablockbuster Weight Watchers diet plan. With the Weight Watchers brand endorsing her, Jennifer gives her fans tips for embracing a healthy lifestyle in order to lose weight and reclaim their bodies. Full of stories from her *American Idol* days, her experience acting in *Dreamgirls*, and how her son inspired her to want to live healthfully, this book is a gift for her millions of fans and an inspiration for anyone struggling with weight issues.

## **I Got This: How I Changed My Ways and Lost What Weighed Me Down Details**

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# **From Reader Review I Got This: How I Changed My Ways and Lost What Weighed Me Down for online ebook**

## **The library is my favorite place says**

Someone stated that she should have used a ghost writer and I believe she did. They probably had a tape recorder and transcribed what she said. I was very disappointed because all her whatevers come true. Whatever J HUD. The book was lackluster. A big disappointment. Glad I didn't buy the book and got it from the library. Great use of my library card.

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## **Jenna Boggs says**

This book was an alright read, but it's more of an ode to Weight Watchers than an autobiography. While she does make some mention of American Idol and her start in the movies she doesn't really get into her life. Was expecting way more than what I got. Thankfully I got this from the library and didn't have to spend any money because I truly would have been disappointed!

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## **Koren says**

I guess I shouldn't have been disappointed but I was. The title says 'how I changed my ways and lost what weighed me down' and that is exactly what this is about. I thought this would be more about her life and it is at the beginning but about half way through it gets to be a commercial for Weight Watchers. She does talk quite a bit about her journey to fame but very little about her personal life. I was surprised no mention was made about her mother and brother being murdered.

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## **Donna Woods says**

Jennifer Hudson's "I Got This" was what I expected. I've had this book for a year but didn't feel ready to read it. After reading it I know I wasn't ready until now. As a person who has for a lifetime struggled with weight, I appreciated her being candid. It's hard to put yourself out there like she did. I've often heard how singers, actors and models were discriminated against because of their appearance. She elaborated in a way that made me know it really does exist. I see it everyday in most areas of life. The book was down-to-earth, not trying to be book of the year. It could reach and encourage anyone. She's a spokesperson for Weight Watchers so for some it may seem like an ongoing advertisement.

She chose not to talk about the murders of her mom, brother and nephew. Obviously she didn't feel this was the appropriate place for that conversation. It was in the news quite a lot and the trial hadn't concluded at the time of the book's writing, so there could even have been legal ramifications. Because she was obese all her life it seems that didn't fit the sub-title "How I Changed My Ways and Lost What Weighed Me Down".

Jennifer introduced hard questions many people avoid because the answers are too painful and/or it places the responsibility squarely on their own shoulders. I'm sorry she didn't support Julia in her quest to lose weight through bariatric surgery. If she'd taken time to research this method of weight loss she would've found that Julia wasn't trying to take the easy way out. Eating and exercising after one of these procedures is

hard work. There are various causes of obesity. I know several people who've had bariatric surgery and been successful. With each of them it was a last resort but gave them a jump start on their healthier lifestyle. Everyone has to find the weight loss method that works for them. Because Jennifer likes to do everything the natural way doesn't mean it's the way for everyone. Julia speaks of how she is different from Jennifer which says to me although Julia lost weight on WW, she wouldn't be able to sustain it. Knowledge and respecting other's choices is imperative. I was encouraged by Jennifer's journey but know it is not the one for me. Julia has to decide whether she'll do what works for her or allow Jennifer to dictate how she should lose weight.

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## **Lynne Spreen says**

UPDATE July 11, 2015. Recently, I gave this book a poor review due to what I believed to be sloppy ghostwriting. However, I was wrong. The author of Weight Loss Boss (and CEO of Weight Watchers), David Kirchhoff, just clued me in. I am sorry for my mistake, and am giving the book the rating I believe it deserves.

Here is my original review:

The first part of the book is JH's rise to fame, in which everything works out the way it's supposed to and she never suffers any doubt or lack of confidence. Then she decides to lose weight so she can be a better mother, and does that, too. Hudson describes herself as basically confident and self-satisfied in every way from birth onward, glossing over any negatives. Even the horrible family tragedy she experienced is never mentioned (except with something like, "In spite of challenges and tragedies, I kept to my goals." I'm paraphrasing, but you get the idea.) Several of her family members contributed their essays about losing weight on WW, and those weren't sanitized as much, especially the sister who lost and regained forty pounds and is unrepentant about not getting back on program. Those essays were more authentic. As to motivation, the book was mildly motivating, but I thought Weight Loss Boss was more helpful and real. Also more fun to read.

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## **Morgan says**

Words cannot describe how bad this book is. But, that's the point of a review, so I'll give it a go.

As most other reviewers have noted, the second half of this book is written like a Weight Watchers commercial. The actual ads for Weight Watchers at the back, and the Weight Watchers recipes don't exactly do much to detract from the feeling that this is one long paid promotion in the form of a book.

The first half of this book is what interested me, and the material it contains makes me even sadder about the way that the second half turned out.

Jennifer Hudson begins by telling the story of her life - with a lot edited out. Her main focus is her career and her body and the way that the two have interacted over the years. There are some recollections about her early years, such as the way she was forced to fit into the same clothes as the other girls in one of her early girl groups, that I could really identify with. Feeling out-of-place because of your body is something that a lot of teenagers (and teenage girls) have been through, so it's a great way to draw your readers in and get them to identify with you.

She also talks about getting passed over for jobs because of her body size - and how she was constantly

asked in Hollywood 'what's it like to be the fat girl?'. She talks about being comfortable with her body at any size, and the diet and exercise regime she used (before WW) as being a way to change her body so that it was more acceptable in the industry.

Move to the second half of the book and this attitude completely changes. Gone is the 'love your body at every size' message. Jennifer Hudson also totally changes her motivations behind dieting - it's suddenly about getting healthy, not just looking a certain way. I can understand that being healthier could be a motivation for signing up for Weight Watchers - no harm in that. However, it's the contrast with the focus of her weight loss motivations in the first half of the book that really surprises me. It's no longer about fitting her image to what the industry wants, but about 'health' and 'making a change for life'.

This is the point where you realise that Jennifer Hudson has been completely sucked in by the commercial diet world. Her explanation of Weight Watchers is almost taken word-for-word from the material that they produce themselves, and her evangelism seems to leave no-one untouched. She even brags about trying to push Barbara Streisand down the Weight Watchers path.

As a book that is probably likely to be picked up by people who have struggled with their weight, and who want to read about someone else's struggles in the hopes of finding success, this should probably come with a warning. Jennifer Hudson does not care if you are happy being overweight. She will quote obesity statistics with absolutely no context at you. She will write about how she disapproves of anyone considering stomach stapling or other bariatric surgery to help with weight loss.

Unless you're on the magical and righteous path of Weight Watchers, Jennifer Hudson thinks you are to blame for your problems. If you wanted something uplifting to talk about being happy with your body - don't read this book. If you want someone to tell you that it's all your fault and you are unhealthy and probably lazy too, why not just rent a Gillian Michaels DVD?

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### **Meghan says**

Jennifer Hudson is sweet, beautiful, and an extremely talented singer. But she is not a writer. There was no juicy "scoop", or any interesting tidbits revealed in this book that you haven't already heard. In my opinion, the book is quite bland. I found myself skipping over a lot of it in hopes of getting to the "good stuff." I think Jennifer is absolutely an awesome person, but overall the book is a snooze-fest.

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### **Tiffany says**

Anyone who is a Jennifer Hudson fan, a Weight Watchers member, or just a person who has struggled to overcome obstacles in their life will love this book! I Got This is an autobiography that serves as an inspiring and motivational tool. JHud recounts her early career aspirations, rise to fame and the importance OTHERS put on her weight, weight gain and weight loss along the way. She goes into great detail of how she made the decision to become healthy and why Weight Watchers has worked for her. She even includes information on how 5 of her family members have consequently been inspired by her to start the program on their own. As of the printing of the book- her family members had lost over 2000 lbs! I loved this book because Jennifer is so open, honest, encouraging and joyful about her career and weight loss journey and the unique ability she has to improve the lives of others through her actions and fame. It's obvious that her greatest joy is educating

people about weight loss through Weight Watchers. As a member of WW and a fan of the author - it was a pleasure to read this book.

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### **Elizabeth says**

I pre-ordered this on Amazon in eager anticipation of its release. Overall, I enjoyed this book. I really admire Jennifer Hudson considering all that she's dealt with in her life; I find her to be very inspiring. I also appreciate that she has a healthy body image, during her larger or smaller times. I bought this book in hopes that it would be an in-depth autobiography discussing the tragedy from a few years ago and insider information about her experiences with her films and American Idol. I was disappointed in that she mentioned her relatives' death in two sentences, didn't delve into her reactions or how it changed her life, and spent the other half of the book promoting Weight Watchers.

So, the first half of the book I'd give 4 1/2 stars and the last half 2 1/2. Comes out to around 3 stars.

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### **Lucy says**

Before reading this book I had no feelings about Jennifer Hudson. After reading this book I vehemently dislike her.

She thanks God and Jesus a great deal. She credits them with all her success. Repeatedly. She believes her entire life was Destiny. You know, like this is the motherfucking Matrix and she's Neo. I think she thought it was humble to thank God and credit him with all her success, but it came off as arrogant. As in, God plucked her out of her life and gave her a chance to shine because she was too special for anything else. For example she was too special to ever have an average job. Burger King was her first and last hourly job and she called her non-musically gifted sister the Queen of Burger King... don't give me that look, I'm serious. Again, this was all said in what felt like false humbleness. I was always under the impression that this was how her life was Supposed To Be and her version of God was busy making sure it came out that way.

Her time at American Idol was discussed moderately (probably because she didn't win). She wanted to be voted off the night she was voted off and I guess the implication there is God did that for her too. Her casting for Dreamgirls is discussed at length (probably because she got that role). The Dreamgirls casting was also destiny.

Most of the book is a really awful advertisement for Weight Watchers. More pages are dedicated to that than the death of her mother, the death of her very dear grandmother, meeting her husband, and her time on American Idol combined. Her diet is gone over with agonizing and boring detail. Look, I get it. This was a really significant thing for her, but more significant than American Idol which launched her career or meeting her husband? Jennifer Hudson is, in a word, a bore. An arrogant bore if you want to throw another word at it. I'm sure if an editor had very gently suggested she was coming across either of those things she would've tossed his or her ass to the curb.

Coincidentally the book felt barely edited... I guess they were trying to get her 'flavor' or something, but the trying is SO hard and over the top that I began to suspect she dictated things and someone else tried to write it in her voice. She should have that person tossed to the curb.

Weight Watchers got her entire family counting points because they're all overweight. Her sister started it, but didn't 'stick with it' which according to Jennifer is a SHAME because her sister is SO MUCH BIGGER that her weight loss would've been REALLY DRAMATIC. Her sister is VERY LARGE because she is a lowly BUS DRIVER and cannot be very active. I wonder if her sister is speaking to her at this moment...

Her sister who is probably morbidly obese, given Jennifer's oh so flattering descriptions, decided she wanted to have Gastric Bypass after Weight Watchers failed. I have an uncle, who is also a bus driver, who recently decided to have this surgery and a dear friend who had a lap band done. It is an emotionally fraught and very intimate decision. For my dear friend, her choice came from a lifetime of failed diets and a desire to not die prematurely. She told very few people about it when she was considering it. There were long discussions about the pros and cons that went on for months while she got emotional counseling and nutrition classes for her post surgery life. It was a difficult period for her, but she made the right choice for herself after she'd become fully educated. I tried my best to be supportive, interested, and engaged when she needed me to be. I understood her choice because I went to the gym with her daily for months, watched her lose and regain the same twenty pounds, and performed the heartbreaking task of asking for a seatbelt extender for her on a group trip. Any reasonable, healthy path is something I would have enthusiastically supported her on. If she had decided lap band was not for her I would've been with her for whatever she decided to do instead or not to do at all.

Ms. Hudson, on the other hand, told her sister in NO UNCERTAIN TERMS that she was CHEATING AND THAT SHE COULD NOT DO IT. Jennifer Hudson is, quite frankly, an **asshole** and by and large a ridiculous sell-out. You'd think someone who'd gone through a life of trying and failing at long term diets would understand that Weight Watchers just didn't work for her sister and that maybe GP would be a real alternative... She made no effort to learn about it the way she did when Weight Watchers offered her money. No no. This wasn't about Jennifer and this wasn't about her padding her substantial bank account. Her sister was just too lazy and uninterested to stick with it -- because literally not a bad word could be said for Weight Watchers, like some people aren't great at cataloging every bite they take, weighing their food daily, and tallying it up. No, the fault laid 100% with her sister. For real, that's what she's implying after a lifetime of being judged for her size. Fuck off, Jennifer Hudson.

I won't be supporting Hudson's career in any way. Frankly, I hope she sprangs (springs?) her ankle and has to cross the street in Manhattan in six inch heels while a cabbie looking for a big tip speeds a long, although I'm sure whatever God it is she believes in is going to come through for her specifically while less worthwhile people elsewhere in the world die. I dislike her so much I feel like rating all the other celebrity bios I've ever read (ummm two or three) up a star because at least they managed not to publish books that made them look this awful.

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## Molly says

The first part of the book explores Hudson's rise to fame including American Idol and Dreamgirls and the second half explores her experience with Weight Watchers and gives advice for those considering weight loss.

I found her story very interesting and I feel I have a greater appreciation for her hard work and success. I enjoyed learning more about her roots and how American Idol works. I appreciated her openness and honesty about some things, but I also found myself disappointed that she did not discuss other things. Namely, the tragic murders of her mother and brother. She never even mentions it much less her emotions

and coping. I just find it odd that she chose to leave out what I would think was a major event in her life. Despite this, I very much enjoyed reading her story in her own words.

I actually finished this book the day I achieved lifetime membership to Weight Watchers after a two year weight loss journey. I would definitely recommend it to anyone who is just starting WW as it is great inspiration. I also feel Hudson really captured a lot of what the WW experience is like, especially the emotions. She is right when she says you must want to do it in order to be successful. It was kind of a nice way to end my journey, though it will never truly be over as maintenance is forever ongoing. However, like Jennifer, I got this!

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### **Luke A. Bunker says**

I love Jennifer Hudson - her voice, her confidence, her personality - almost everything I know or think I know about her. And for the most part, I liked this book. Some readers have commented that a large part of the book was just a Weight Watchers ad, but one has to understand that this has been a big part of her life now for the last several years and that this has been a huge and positive change in her life. It is understandable that she would devote a large part of a memoir to this.

One thing I found interesting is how little she spoke of her family's tragedy. She spoke of them in abstract, and I get the impression she was trying to make this more of a positive book, and maybe she is not yet ready to share those thoughts or might still be processing them (which is totally understandable).

I did feel that "Jenny Kate" (as she describes herself in various instances throughout the book) wrote more passionately about her weight loss than the other aspects of her life, which were covered in the first half of her book. I felt that she spoke of many of those other aspects of her life (except for her family, who she obviously loves and cares for and considers a major influence in her life) rather weakly. I felt that I was being told, not shown, what she was feeling. As a matter of opinion, it felt more like a rundown or timeline than what these events truly meant to her.

All of that being said, Jennifer Hudson has an interesting story and is an inspiration to many and could be be to even more if they choose to read her story and find themselves in her message and experience. I am proud of Jennifer and her accomplishments and can't wait to see what her future brings!

3.5/5 stars

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### **Tabitha says**

I picked this up from the library and read it the same day. I found it to be incredibly inspirational with respect to weight loss and healthy eating. I'm disappointed in the number of poor reviews that this book got because it appears to be an advertisement for Weight Watchers. Well, maybe it is, at that. But when you've successfully followed a weight loss program and lost 80 pounds, you can't help but talk endlessly about that aspect of your life. It defines you. I personally have journeyed with Weight Watchers for a year and lost 60 pounds. It's an incredible program and if I ever wrote a book about my weight loss journey, I can guarantee



that half of it would be an advertisement for WW. Suffice to say that I personally found the book relevant and insightful. But it is not, strictly speaking, an autobiography. If you're expecting that, you will be disappointed and probably give the book 2 stars. However, if you want to read about a weight loss journey, Jennifer Hudson will not leave you wanting.

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## **April says**

I was somewhat disappointed in Jennifer Hudson's *I Got This*. The first part of the book really focuses on her career and drive. I never watched *American Idol* but she does discuss her experience on the show. I have seen her, of course, in *Dreamgirls* and *Sex and the City* and was curious about how her weight influenced her career.

From her writing, Hudson does seem to be down to Earth and very connected with her family. Family is mentioned again and again throughout the work. Yet, strangely, beyond two sentences she does not discuss her family tragedy nor how this impacted her emotional or psychological state.

The rest of the book is very hard to take – it is mostly an ad for Weight Watchers. Between reading this book and all her television ads for Weight Watchers, it is just too much. I am very glad that Weight Watchers helped her and seems to have helped many members of her family (to the point where the end of the book has Hudson's family members writing about their own weight failures and successes) but that is not what I am looking for in a biography.

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## **Megs ♥ says**

When I first started this book I was really confused as to whether this girl was actually someone I wanted to read about or not. I used to be obsessed with *American Idol*, but I don't watch it anymore with the newer people. The reason I was confused was because with celeb written books I often get irritated if they come off cocky or arrogant and it's a fine line between cocky and confident. I'm going to say that at one point I thought she was quite arrogant and had an "I'm better than everyone else" attitude at the start, but whatever. At one point she mentioned how she ended up hiring lots of her family members and old friends to do jobs in her career and I thought that was something I would totally do if I was a celeb. Not just to give them ultra swollen paychecks, either, but because leaving the people I love the most to go on tours and things would be the most difficult thing in the world. From this I gathered that she is probably a very down to earth, caring person that I would love to have as a friend in real life. I also admire the way she loved her body at every size. It's easy for big girls to say they love their body and don't mind being plus size, but usually that's just covering up deeper feelings. This girl has a positive body image no matter what her weight, and that was refreshing to read about.

The first half of this book was all about her short experience with *American Idol* before she was voted off, and her career with *Dream Girls*. This first part was an interesting short read, but not what I was expecting. I knew this book was categorized as uplifting and inspirational, but I expected at least some mention of her family's tragedies. That would have made the book show her on a more personal level and show how much she's endured. (sidenote: please note that I do understand why she kept this out of the book, though. It

probably would have been a terribly painful thing to write about and bring down the whole book.) But nope. Nothing...Just American Idol, Dreamgirls, and...Weight Watchers.

The second part of this book was indeed one big advertisement for weight watchers. I didn't mind it too much, but if I had known so much of the book was dedicated to this I wouldn't have bothered. If it wasn't Jennifer boasting about the company it was her other family members talking about it. At least her sister kept it real and acknowledged that WW did not work for her. Of course many people are probably constantly asking Jennifer how she lost all of her weight so she felt she could put it out there for everyone to read, but honestly this info could have been found just as easily with a google search.

Overall this book was nothing special. I like reading lots of celeb books even if I'm not a fan of the author, just because I like to get a glimpse into their worlds, but this was a very small glimpse. I wouldn't recommend this book to anyone unless you are a hardcore fan of hers or want lots of boring info about Weight Watchers. If you are trying to lose weight yourself I guess this book could be kind of inspirational and motivating, but I'm not so sure.

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