

# The Unbelievable True Story of Loss, Weight Loss, and Diving with Greg Louganis



## Big Fat Diver: The Unbelievable True Story of Loss, Weight Loss and Diving with Greg Louganis by Alex Mackey

★★★★☆ 4.7 out of 5

Language	: English
File size	: 5894 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 165 pages
Lending	: Enabled



Greg Louganis is one of the most successful divers in Olympic history, winning five gold medals and one silver medal over the course of his career. But his journey to the top was not without its challenges. In his autobiography, *Breaking the Surface*, Louganis recounts the many obstacles he faced, including the loss of his parents, his struggles with weight, and his battle with HIV.

Louganis was born in El Cajon, California, in 1960. His parents were divorced when he was young, and he was raised by his mother, who worked as a waitress. When Louganis was 13, his mother was diagnosed with cancer. She died two years later, when Louganis was 15. The loss of his mother was a devastating blow to Louganis, and he struggled to cope with her death.

In the years after his mother's death, Louganis began to gain weight. He also began to use drugs and alcohol to numb the pain of his loss. By the time he was 18, Louganis weighed over 200 pounds. He was overweight and out of shape, and his diving career was in jeopardy.

In 1980, Louganis decided to make a change. He quit using drugs and alcohol, and he began to eat healthier and exercise more. He also sought professional help to deal with the grief of losing his mother. With the help of his therapist, Louganis began to come to terms with his mother's death and to find ways to cope with his loss.

Louganis's weight loss journey was not easy. He had to overcome many challenges, including cravings for unhealthy foods and the temptation to give up. But he persevered, and he eventually lost over 100 pounds. Louganis's weight loss transformation was a major turning point in his life. He became more confident and self-assured, and his diving career began to flourish.

In 1984, Louganis competed in the Olympic Games in Los Angeles. He won two gold medals, one in the 3-meter springboard and one in the 10-meter platform. Four years later, at the 1988 Olympic Games in Seoul, Louganis won two more gold medals, one in the 3-meter springboard and one in the 10-meter platform. He also won a silver medal in the 3-meter synchronized springboard.

Louganis's Olympic success was a testament to his hard work and determination. He had overcome adversity to achieve his dreams. He had also inspired others to never give up on their dreams, no matter how difficult they may seem.

In 1995, Louganis announced that he was HIV-positive. He was one of the first public figures to come out as HIV-positive, and his announcement helped to raise awareness of the disease. Louganis has since become an advocate for people with HIV/AIDS, and he has worked to help others who are living with the disease.

Louganis's story is an inspiration to us all. He has shown us that it is possible to overcome adversity and achieve our dreams. He has also shown us that it is important to never give up on ourselves, no matter how difficult life may seem.

Breaking the Surface is a powerful and inspiring memoir that will stay with you long after you finish reading it. It is a story of loss, weight loss, and diving that will touch your heart and make you believe that anything is possible.

## Additional Resources

- [Greg Louganis's official website](#)
- [Breaking the Surface on Our Book Library](#)
- [Breaking the Surface on IMDb](#)



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