

Social work alumna inspires through personal weight-loss story

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[Caroline Jhingory](#), a 2005 graduate of the Tulane School of Social Work, says the inspiration for her new book, *Half My Size: How I Ate to Lose 150 Pounds*, came through her ability to lose weight and keep it off by adjusting to a healthier lifestyle. She also attributes the skills she's developed as a motivator to her training as a social worker.



Tulane social work alumna Caroline Jhingory is the author of a new motivational weight-loss book, *Half My Size: How I Ate to Lose 150 Pounds*. (Photo from Caroline Jhingory)

"I'm constantly saying and implementing things that I've learned from Tulane," says Jhingory. "The biggest thing that I learned as a social worker is having empathy with people. I'm certainly able to use that in the weight loss world in terms of motivating people."

Since the release of her book in January, Jhingory has made several television appearances including "Good Morning America," "Access Hollywood" and "Inside Edition." She also has appeared in *People* magazine (January 2013) and *Fitness*

magazine (February 2013).

At her heaviest weight of 307 pounds in the eighth grade, Jhingory recalls all too well the “painful experiences that came with being the fat kid.”

It wasn't until age 22 when she learned she was pre-diabetic that things changed. Through healthy eating, consistent exercise and food addiction therapy, she soon gained control of her size.

Jhingory says her experiences with therapy inspired her to attend the [School of Social Work](#). Fast forward to age 32 and she's a full-time healthy-lifestyle coach, motivational speaker and workout fanatic.

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