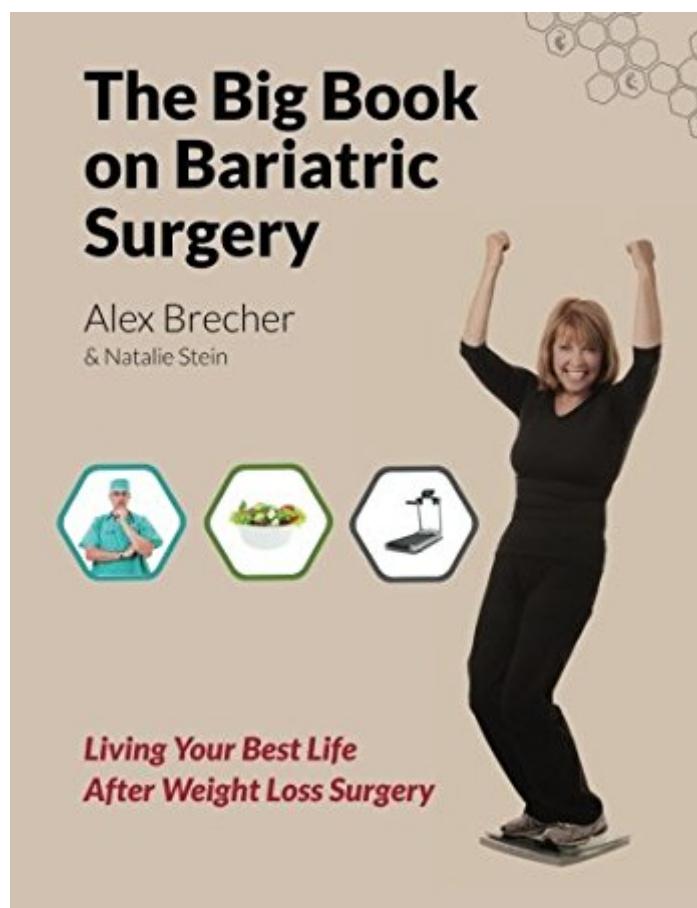


The book was found

The BIG Book On Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books On Weight Loss Surgery) (Volume 4)



Customer Reviews

Well written and very informative. The authors don't assume that you know everything already, but they don't talk down to you, either. Some of the information is what I could get from my surgeon, but my surgeon doesn't always have enough time to talk to me. This book goes beyond the surgery itself to discuss diet, exercise, mental strength and the various other factors that contribute to the long term success of weight loss surgery.

The book tells you straight how hard WLS is, and believe me, I know. You don't just magically get thin. Four months after my sleeve surgery, I'm still having trouble losing the weight. I get discouraged. I like this book's ideas for taking a long-term view of the surgery and life. You have to stay positive because you don't have any other choice.

The book has tons of information about setting goals, dealing with those pesky friends and family members who may or may not mean well, and eating right. It's great for me, since I'm five months out from surgery. I want to warn that it's not for you if you're trying to figure out which surgery to get because it doesn't talk much about the surgery. It's great if you want to know what life will be like after surgery.

I read the book through and came up with some new ideas for everyday things, like scheduling my meals and supplements, getting enough protein without getting too bored with tuna, and making meals that my family will like and that I can eat so I don't have to cook two sets of meals!

It's no-nonsense, but it's helpful. There are little tricks like writing down your schedule to see where you can find more time in your day, or telling you what to keep in your kitchen so that you can make healthy meals and snacks whenever you need them. It's good stuff, and I liked the recipes. Lots of high-protein ones and some low-calorie treats.

Good tips and information.

Well written and contains all the information I was looking for along the lines of meal amounts and preparation. Thank you so much.

Love this authors view on gastric bypass surgery and what to expect afterwards and into the many years to come.

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