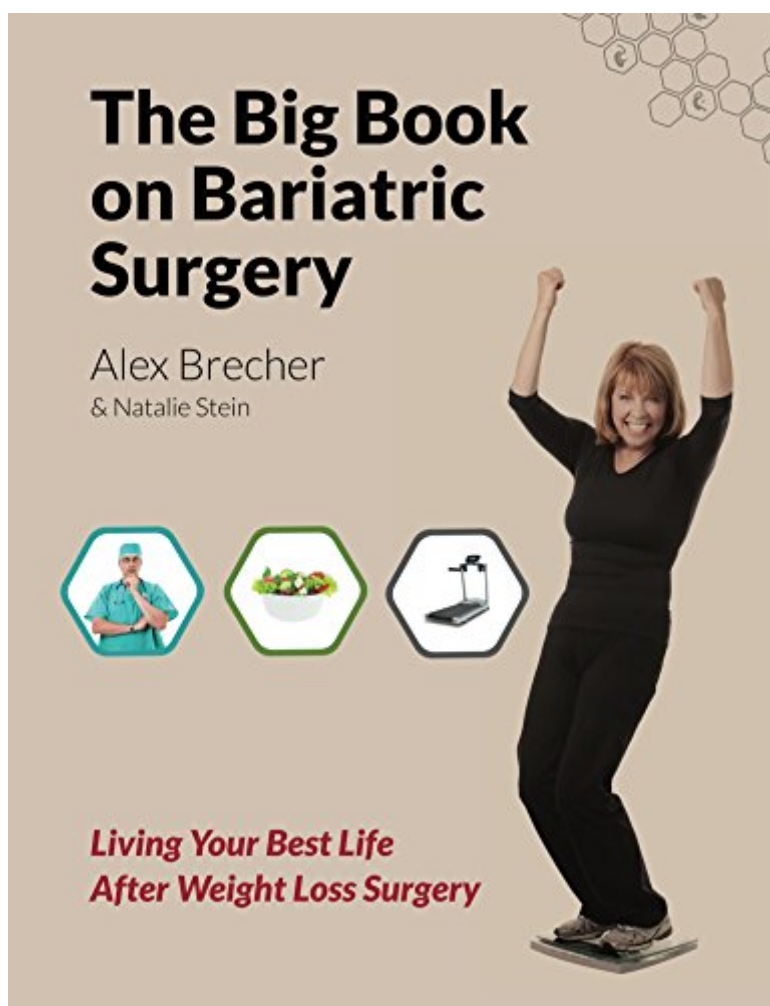


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# The BIG Book On Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books On Weight Loss Surgery 4)



## Synopsis

Weight loss surgery is a big deal, but it is only an early step in your weight loss journey. The long-term weight loss journey begins after the surgery, and it lasts for a lifetime. The Big Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery is your guide to losing weight and living a healthy life long after you are discharged from the hospital and are on your own. This book takes a realistic approach to life after weight loss surgery. In a friendly and helpful tone, the book provides practical advice on getting through everyday tasks, such as planning meals, getting enough protein, taking the right nutritional supplements, and developing an exercise program. It also suggests strategies for staying motivated day in and day out, communicating better with friends and family, and having fun at family gatherings, on vacations, and during other special events without getting off track. The Big Book on Bariatric Surgery is easy to read and conversational, but packed with indispensable information and ideas for success after weight loss surgery. The book targets recent weight loss surgery patients, weight loss surgery veterans, and those considering weight loss surgery. The book includes these features:- Written by Alex Brecher, a weight loss surgery patient and advocate who has successfully lost 100 pounds and kept it off for over 10 years.- Co-authored by Natalie Stein, a nutritionist and expert in weight loss strategies.- Easy high-protein recipes for breakfast, lunch, dinner, snacks and desserts, with plenty of suggestions for modifications and variations.- Food lists and sample menus to make meal planning easy.- Step-by-step guides to meal planning and developing an exercise program.- Tips for eating at restaurants, parties, and while traveling.- How to stay motivated and break through plateaus.- Time-saving tips. The reason to get weight loss surgery is to lose weight so that you can be happier and healthier. Take a look at The Big Book on Bariatric Surgery to see how it can help you make the most out of your weight loss surgery.

## Book Information

File Size: 9597 KB

Print Length: 144 pages

Publisher: BariatricPal.com (July 4, 2014)

Publication Date: July 4, 2014

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00LKBT11C

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #860,259 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #95

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## 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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