



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

Alex Brecher, Natalie Stein

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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.

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Kathleen Elder:

In this 21st centuries, people become competitive in each way. By being competitive now, people have do something to make these individuals survives, being in the middle of the actual crowded place and notice by surrounding. One thing that sometimes many people have underestimated the idea for a while is reading. Sure, by reading a reserve your ability to survive raise then having chance to stay than other is high. For yourself who want to start reading any book, we give you this specific The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery) (Volume 4) book as nice and daily reading e-book. Why, because this book is usually more than just a book.

David Hyman:

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Lillian Chatman:

Are you kind of busy person, only have 10 or maybe 15 minute in your morning to upgrading your mind skill or thinking skill actually analytical thinking? Then you are experiencing problem with the book in comparison with can satisfy your short period of time to read it because this all time you only find book that need more time to be study. The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery) (Volume 4) can be your answer mainly because it can be read by a person who have those short free time problems.

Taylor Becker:

A number of people said that they feel bored when they reading a book. They are directly felt this when they get a half elements of the book. You can choose the actual book The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery) (Volume 4) to make your own reading is interesting. Your current skill of reading talent is developing when you just like reading. Try to choose straightforward book to make you enjoy you just read it and mingle the idea about book and examining especially. It is to be initial opinion for you to like to wide open a book and examine it. Beside

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