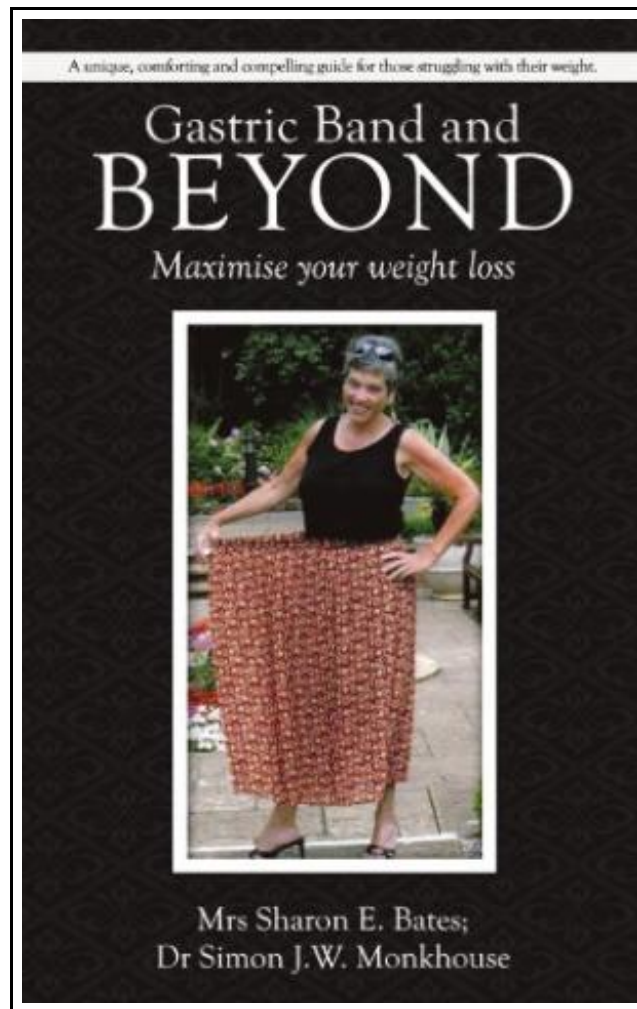


Gastric Band and Beyond: Maximise Your Weight Loss (Paperback)



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Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.
(Dr. Kadin Hane DVM)

GASTRIC BAND AND BEYOND: MAXIMISE YOUR WEIGHT LOSS (PAPERBACK)



AUTHORHOUSE, United States, 2010. Paperback. Book Condition: New. 201 x 124 mm. Language: English . Brand New Book. Gastric Band and Beyond: Maximise your weight loss is a unique book designed to be a motivator, a comforter and an inspiration for those struggling with their weight. It is a modern-day survival guide that will allow you to shed the pounds and maintain your weight loss, giving you energy and a new lease of life. There is a wealth of literature out there in the medical world about the details and outcomes of weight loss surgery but actually the operation is only a small junction on the long, tortuous road to successful weight loss. The complication rates, excess percentage weight loss and various techniques may be of interest to you but are actually less important than the questions like, how will I cope without comfort eating?, what will my partner think of me when I physically change?, how will I cope with increased interest from the opposite sex? and what do I do about excess skin post operatively? These are the questions that you probably want to know but are too afraid to ask your busy doctors. How do we know this? Well, the main author is a patient, has received a gastric band, has battled with the ups and downs of post operative life and is a full time obesity nurse specialist and counsellor. She is uniquely placed to give an insight into the thoughts and feelings of patients from her own experiences and from the wealth of information from her clients that she has built up over the years. This approach and writing style is synergized with the experience of the second author who is a surgical registrar with a specialist interest in weight loss surgery. The two writing styles...



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