

The book was found

Trying Me On For Size: A New Life Through Vertical Sleeve Gastrectomy



Synopsis

Is weight loss surgery right for you? It's a big question with a lot of variables to consider. I've been there. I know the thoughts and questions going through your mind, because I've thought them too. For me, Vertical Sleeve Gastrectomy was the way to go. But I didn't get to that conclusion right away, and even when I did, it opened up a whole slew of other questions. This is my way to help you navigate those questions, and hopefully find some answers that work for you. Part story of my own experiences, and part workbook for you to find your own journey, this book is designed to help you figure this out. I'm not a doctor. I'm just a girl, looking at a piece of chocolate and wanting it to be good for me. Well, that's not gonna happen. But maybe we can figure out a way to work it in to a healthier new lifestyle anyway. That's the goal. So here I tell you the truth. The good, the bad, and the just plain weird of VSG surgery, from making that first decision all the way through the first year of post-op life.

Book Information

File Size: 391 KB

Print Length: 72 pages

Publication Date: January 27, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01N38IGUK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #667,951 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #81 in Books > Medical Books > Medicine > Internal Medicine > Bariatrics #627084 in Kindle Store > Kindle eBooks

Customer Reviews

Great story, great advice - even for those not on the surgery track. I especially liked the tidbits about planning your food intake the night before, and keeping a list of your "Why's" handy. I'm going to try her chicken salad recipe as soon as I can get to the store, and I've already downloaded two of the

apps she suggested ;-})Reading this book is like sitting in the back yard with a friend you haven't seen all year, listening to the story of how she achieved this amazing transformation. Sioux doesn't pull any punches about how challenging the experience was, but her honesty and compassion make it feel as though she's holding out her hand and saying, "Here, I'll be with you the whole way."

Wonderful tips and easy to read! Great guide for prospective weight loss patients and those needing to get back on track with some goal setting tips!

[Download to continue reading...](#)

Trying Me On For Size: A New Life Through Vertical Sleeve Gastrectomy The BIG Book on the Gastric Sleeve: Everything You Need To Know To Lose Weight and Live Well with the Vertical Sleeve Gastrectomy (The BIG Books on Weight Loss Surgery 2) Gastric Sleeve Cookbook: A Food Guide to Stages One and Two of Your Gastric Sleeve Surgery Recuperation (Gastric Sleeve Diet, Gastric Sleeve Recipes Book 1) Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) The Sleeved Life: A Patient-to-Patient Guide on Vertical Sleeve Gastrectomy Weight Loss Surgery Finally Me!: Thanks to Vertical Sleeve Gastrectomy Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric ... Bypass Cookbook, Gastric Sleeve Book 1) Gastric Sleeve Recipes: Making Bariatric Surgery Recovery Palatable (Gastric Sleeve Diet, Gastric Sleeve Cookbook Book 3) Bariatric Cookbook: Delicious Recipes for Your Gastric Sleeve Recovery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric Surgery, Gastric Bypass Cookbook, Gastric Sleeve Book 2) Gastric Sleeve Diet: Step By Step Guide For Planning What to Do and Eat Before and After Your Surgery (Gastric Sleeve Cookbook, Gastric Sleeve Recipes Book 2) Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, ... Bypass Cookbook, Gastric Sleeve) (Volume 1) The Vertical Gardening Guidebook: How To Create Beautiful Vertical Gardens, Container Gardens and Aeroponic Vertical Tower Gardens at Home (Gardening Guidebooks Book 1) Gastric Sleeve Cookbook: A Food Guide to Stages One and Two of Your Gastric Sleeve Surgery Recuperation The Trauma Heart: We Are Not Bad People Trying to Be Good, We Are Wounded People Trying to Heal--Stories of Survival, Hope, and Healing T-Rex Trying and Trying: The Unfortunate Trials of a Modern Prehistoric Family Vertical Jump: The Complete Guide to Increasing Vertical Leap, Improving Explosiveness, and Developing Athletic Power Vertical Gardening for Beginners: How To Grow 40 Pounds of Organic Food in a 4x4 Space Without a Yard (vertical

gardening, urban gardening, urban homestead, ... survival guides, survivalist series) Vertical Jumping: 20 Exercises - How to Increase Your Vertical Jump (How to Jump Higher - How to Jump High) Vogue 1950s Pocket Size Adult Coloring Book: 50s Fashion Coloring Book for Adults Travel Size (Travel Size Coloring Books) (Volume 12) THE ART OF EATING WITHOUT A STOMACH: HOW TO THRIVE AFTER GASTRECTOMY FOR STOMACH CANCER

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)