



## Fat No More - Long Term Success Following Weight Loss Surgery

By Robert Magnan

Gail Engebretson. Paperback. Book Condition: New. Paperback. 184 pages. Finally, a book that talks about the work and changes necessary following weight-loss surgery to achieve long-term success. Surgery is only the beginning and the author emphasizes that right from the start. Gail was first warned of the dangers of being overweight by her doctor when she was only six years old. By the time she was 30 years old, she weighed 250 pounds, although she was only 5'3" tall. She decided she had to take drastic measures when she turned 50 and had reached 327 pounds. By that point the health issues prevalent in her family history (including diabetes, heart disease, and cancer) had become of immediate concern. She made two brave decisions: she decided to undergo gastric bypass surgery and she decided to share her experiences with people throughout the community. She had gastric bypass surgery in March 2004 and she published journal entries in a local magazine during the first 18 months of her journey into her new life. When Gail found very little written material to help her deal with the issues of long-term success following the surgery, she decided to write a book. In...



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### Reviews

*It becomes an incredible book that we actually have possibly study. It really is rally exciting through studying period of time. I am very easily could get a satisfaction of reading through a written book.*

-- Gianni Hoppe

*A really awesome pdf with perfect and lucid reasons. It is actually rally fascinating through reading period of time. Your lifestyle period will probably be transform as soon as you total looking over this ebook.*

-- Alford Kihn

## Other Books



### **No Friends?: How to Make Friends Fast and Keep Them**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do You Have NO Friends ? Are you tired of not having any friend and being lonely all the time...



### **The Frog Tells Her Side of the Story: Hey God, I m Having an Awful Vacation in Egypt Thanks to Moses! (Hardback)**

Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English . Brand New Book. Oh sure, we ll all heard the story of Moses and the ten plagues of Egypt a hundred times....



### **Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged)**

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the sphere of learning to read. This...



### **Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



### **I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book**

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy reading identities, that foster an attraction to...



### **TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2) (Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...