



## Gastric Band and Beyond: Maximise Your Weight Loss

By Mrs Sharon E Bates, Dr Simon J W Monkhouse

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...



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