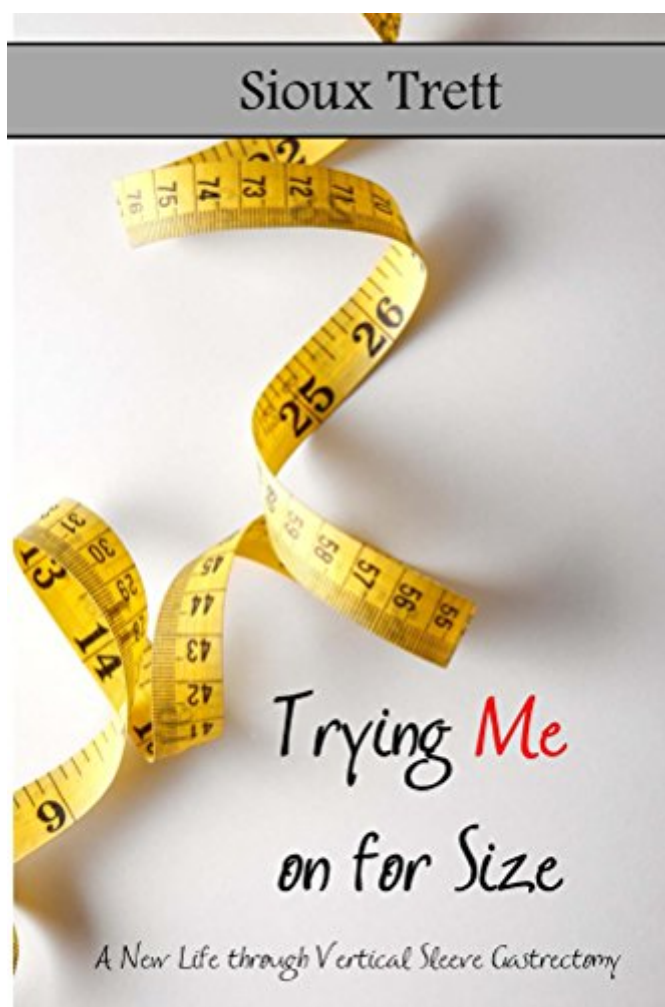


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# Trying Me On For Size: A New Life Through Vertical Sleeve Gastrectomy



## 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

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## 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!

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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)  
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