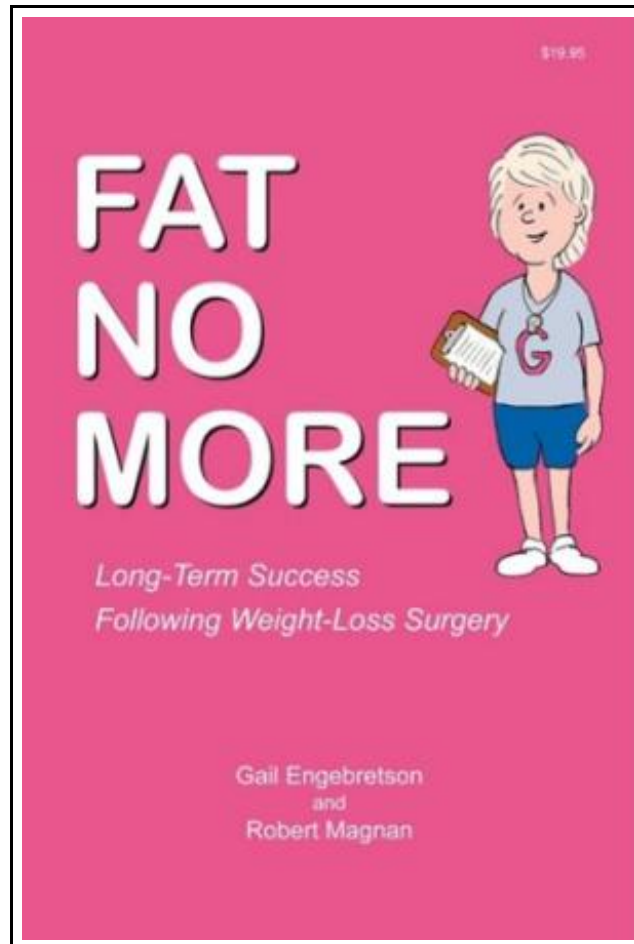


# Fat No More - Long Term Success Following Weight Loss Surgery



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(Dr. Raven Ledner)*

## FAT NO MORE - LONG TERM SUCCESS FOLLOWING WEIGHT LOSS SURGERY

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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 this book she shares her story, her feelings, her success using life coaching, and many more things she learned along the way. This book, a collaboration with fellow writer Robert Mangan, is filled with warmth and humor and the understanding of someone who's been there. Gail combines excerpts from her articles with commentary and valuable information. Gail is now a certified life coach and motivational speaker helping people who are overweight understand and consider the option of weight-loss surgery. She coaches them through the ups and downs following the surgery and helps them find what they need to achieve long-term...



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