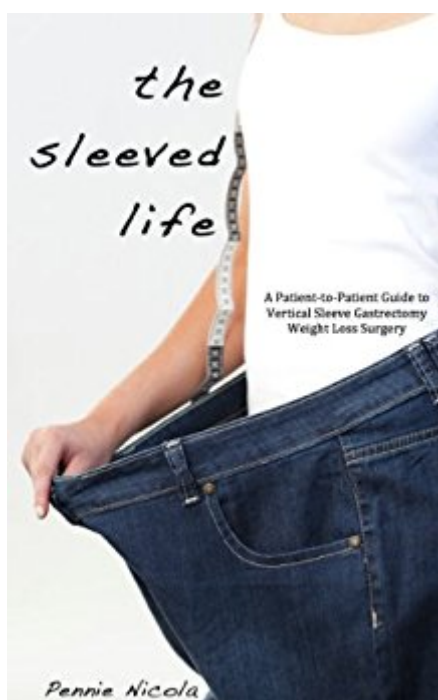


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# The Sleeved Life: A Patient-to-Patient Guide On Vertical Sleeve Gastrectomy Weight Loss Surgery



## Synopsis

Pennie Nicola has lost over 100 pounds with vertical sleeve gastrectomy, and she wants to help other potential weight loss surgery patients learn more about this bariatric procedure. Pennie combines her personal experience with the latest research to answer your most pressing questions about the gastric sleeve. Questions include: Why did you choose the sleeve instead of other weight loss surgery options? How do I begin looking for a sleeve surgeon? What does a typical pre-op diet look like? What is surgery day like? What will my diet look like after surgery? How do you handle the stigma of weight loss surgery? How is my goal weight determined? How many calories do you eat, on average? Are there any foods you can't eat? How much food can you eat in one sitting? Does hunger come back? Can the sleeve get stretched out? How do you deal with weight loss stalls? How many vitamins do you take every day? How much weight should I expect to lose with the sleeve? What does a maintenance diet look like?

## Book Information

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## Customer Reviews

This was a great book for all those questions you have plus some extras that you didn't think about. Even though she is just a patient and not a health care provider, it's obvious she has done her research. I think this is a great start to finding the answers you're looking for regarding weight loss surgery.

Very informative and helpful whether you are considering the surgery or have recently gone through the procedure!!! It's nice that it is just about the "sleeve" procedure!!!

Could have gone into more detail, a little too medical. I wanted to hear the author's PERSONAL take on things, and this is more medical than I realized. But still helpful. BUT, you can't decide if you can GET the sleeve surgery until you meet with your surgeon and go thru lots of tests. If you have GERD or other stomach issues, you might not be a good candidate for the sleeve. It's a matter for you and your surgeon to decide. BE SURE TO USE A LOCAL SURGEON WHO HAS A RIGOROUS PRE-SURGERY AND POST SURGERY PROGRAM, INCLUDING DIETICIANS AND SUPPORT GROUPS! It will make ALL the difference!

This is what has to be considered the gold standard for weight loss surgery books. It contains not only an insightful personal narrative but also answers so many questions that I had and did not know I had until I saw Pennie had answered them. This should be required reading or at least in every Bariatric Surgery Center's end table.

Great down-to-earth information about one woman's journey after VSG surgery. I'm glad I bought this book and will likely refer to it after I get the surgery.

Before reading this book about the gastric sleeve I was having panic attacks about the surgery. This book has got me prepared for what is to come in the next month and beyond. It's honestly a great read if you are wanting to get weight loss surgery!!!

Great information in this book ... wish I had read it before surgery

I am having the sleeve done at the end of February. This book was like having a BFF with me. Great job and congrats on your weight loss!

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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 Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric ... Bypass Cookbook, Gastric Sleeve Book 1)  
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Finally Me!: Thanks to Vertical Sleeve Gastrectomy  
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Bariatric Cookbook: Delicious Recipes for Your Gastric Sleeve Recovery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric Surgery, Gastric Bypass Cookbook, Gastric Sleeve Book 2)  
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Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1)  
Weight Loss Surgery: The Ultimate Introductory Guide to Bariatric Surgery, Including Gastric Bypass, Sleeve, and Diet  
Gastric Bypass Cookbook with Photos and Complete Nutrition Information: Weight Loss Surgery Recipes and Meal Plan For Gastric Bypass, Gastric Sleeve, Lap Band, and Other Bariatric Surgery  
Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight,

Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)

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