

Before & After Second Revised Edition Living and Eating Well After Weight-Loss Surgery



BOOK DETAILS

- Author : Susan Maria Leach
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BOOK SYNOPSIS

An intimate guide to living and eating well after weight loss surgery, *Before & After* by Susan Maria Leach was nominated for three IACP awards—Best First Cookbook, Best Health & Diet Book, and Cookbook of the Year—when it was first published in 2005. Now, in its 2nd revised edition, Leach's essential guide—part memoir, part cookbook, part inspirational journey—has been updated with a new Q&A section, revised nutritional discussions, updated menus and meal plans, and more. Anyone who has undergone or is contemplating weight loss surgery can benefit from Leach's recipes, tips, and important information—and from the inspiring true story of how she has coped and thrived after gastric bypass surgery reduced her body weight by half.

BEFORE & AFTER SECOND REVISED EDITION LIVING AND EATING WELL AFTER WEIGHT-LOSS SURGERY

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