



Sleeved For Life (The Definitive Guide to Vertical Sleeve Gastrectomy Weight Loss Surgery from a Patient's Perspective)

Debra H. Knowlton

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Sleeved For Life is essential reading for those considering the Vertical Sleeve Gastrectomy weight loss surgery. This book describes this innovative medical procedure in layman's terms, explains the various stages of initial recovery, walks you through the new habits you'll learn in the losing phase and ultimately focuses on maintenance, the final and permanent phase.

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