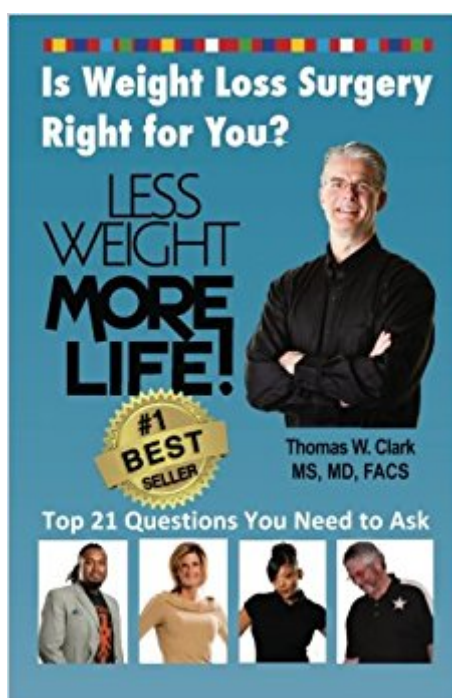


The book was found

Less Weight More Life! Is Weight Loss Surgery Right For You?: Top 21 Questions You Need To Ask (Volume 1)



Synopsis

In Book 1 of the MORE LIFE! Series, one of the most experienced Bariatric surgeons in the United States offers a comprehensive set of questions to ask when considering a life-altering medical situation like weight loss surgery. The book includes the Top 21 Questions, Comments from Rhonda and patient stories about how their lives were changed forever by their courageous decision to take control of their weight and their life.

Book Information

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Customer Reviews

"Is Weight Loss Surgery Right for You?" Not to understate the importance and relevance of this book, it is a "must-read" for those presently considering bariatric surgery and people who are concerned about being overweight and that condition's potential for serious illness and even morbidity. Its author, Thomas W. Clark, MS, MD, FACS, is a Board Certified Bariatric Surgeon and Bariatrician who is the owner and CEO of Virginia's Center for Weight Loss Success. His volume provides, in a thoughtful and down to earth manner, answers to the top 21 questions people need to ask about weight loss surgery. Beginning with an insightful testimonial offered by Rhonda, a woman patient who found the Center's program to be both transformative and life-saving, Dr. Clark amplifies the questions that should be asked by patients, provides practical answers and, in so doing, shares a wealth of information useful to readers in understanding not only the surgery itself but both pre and post-surgical treatment strategies. In a rapidly expanding world of bariatric knowledge, he outlines the best weight loss surgery options available today. Dr. Clark discusses with his readers the three procedures most commonly used in today's surgical suites. These

include: Sleeve Gastrectomy, Laparoscopic Adjustable Gastric Banding and Laparoscopic Gastric Bypass Surgery. Each of these options is made very understandable with color diagrams/visuals and a review of advantages of each procedure, risks, typical results and outcomes. This reportage is backed by verifiable scientific and governmental sources which may be followed in the index. Dr. Clark's approach to bariatric surgery is what can be called "holistic." His concern for patients does not stop with the surgical procedure. The book is full of reminders and additional testimonials about the need for "life-style change." Specific advice is offered on dietary modification and exercise patients are expected and encouraged to incorporate into their daily routines. To help patients with these pre and post-surgical modifications, his office headquarters features sound nutritional counseling and highly trained and qualified personal fitness instructors in a fully-equipped exercise studio to ease patients into a new way of life and teach them how to maximize life's potential. Many Americans are considering bariatric surgery as a life-saving option and a quality of life enhancer. Dr. Clark's book offers such people an interesting, insightful and sensitive excursion into the world of weight loss surgery and how it might help them. James T. Kenny, MA, MS, Ph.D. 5/26/2013

If you're considering weight loss surgery this book will answer all of your questions. It is helpful in that Dr. Clark answered not only questions I have, but also questions of others, that I had not thought of. Even though he is the expert, his explanations are easy for anyone to understand. I liked that he incorporated his own patient's stories and pictures! Get this book!! You won't be sorry!

The book really shows the ends and outs of the decisions you make for your future...having used Dr. Clark as my weight loss doctor I strongly recommend this book and him as a surgeon. He is great. Thank you for giving me my life again!!

Great for people who are looking to embark on a weight loss journey through surgery. Not as in depth as I expected.

Provided lots of good practical information regarding choices. Liked that it included real stories from people who had experience the surgery.

A++++!!

Excellent publication. A must read if you are interested in better health and looking for a tool to help

you get there. Answers important questions person's looking for help have concerns about. Looking forward to future publications on this important subject. I have had the sleeve surgery to help my diabetes and I'm interested on keeping up with this subject.

"Less Weight More Life" is an excellent primer for anyone considering weight loss surgery or knows someone who is. This book takes you from one procedure to the next and clearly explains the pros and cons of each. The stories of inspiration alone are worth the price of the book.

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