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# I Did It!: Tummy Tuck Surgery - An Intimate Guide



## Synopsis

A full and practical guidebook to the process of tummy-tuck surgery. Do you miss the flat tummy you used to have, or never had but always wanted? Do you fantasize about loving your body and experiencing it in a new and satisfying way? Then this guide is just for you! Allow the real you to shine! I did it! clearly and directly addresses the physical, mental and spiritual changes involved in tummy-tuck surgery. It offers thorough insight into the full procedure and covers all aspects including possible concerns and required decisions, necessary pre-surgery preparation at home and at work, a must-buy shopping list, lab tests, essential actions and precautions, costs, recovery and healing period, the day after and evaluation of the surgical results. Includes a handy and detailed checklist and useful tracking utilities, as well as authentic photographic documentation of the entire process! Find inner love and balance and live in harmony with your body! With I did it! you will be able to: Find new freedom and confidence. Develop a new relationship with your body and a deep sense of inner connection with yourself. Productively deal with your fears and concerns and with the reactions of your immediate and distant surrounding. You hold the ability to make a dramatic change in your life. Scroll up to grab your copy of I did it! now!

## Book Information

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## Customer Reviews

I did it!: A full and practical guidebook to the process of tummy-tuck surgery To be honest I have no idea why I purchased this book, perhaps it was out of pure curiosity as I really don't see myself ever getting a tummy tuck. I also came into this book blind and ill-informed on cosmetic surgery, so my opinion is from an ill-informed, non-interested female who will most likely never get a tummy tuck. So, to my surprise why could I not put this boo away? This book is a thorough personal

account of the author's journey after making the decision to get a tummy tuck. Why would you think this information was important enough to share? Well, because just like the reality shows, real life really does teach you about real life! I am certain had many women/men been precautious and researched the dangers and implications of not being educated before they travel internationally or domestically to have surgery done, many critical complications could have been avoided. Also, being aware of simple what to expect and what to prep for is essential for any recovery, but many take this for granted. From prepping for the surgery, post op day of surgery, what to expect after waking up and what to inform you work, children and spouse, this book is filled with vital information. Many of the documentaries of personal accounts we watch and read are not as detailed and thorough as the author made this for us to read. The fluid extraction table, the girdle experience, the life after as well up to 4 weeks post-surgery along the months following, one can grasp a general idea of the journey they may decide to partake.

I really am not in the market for a tummy tuck, but I was looking far ahead to the day that I might have bariatric surgery. I understand that often, after weightloss, a person has skin the hangs down where the fat used to be. I thought I might be in the market for a tummy tuck after the bariatric weightloss. This book by author Gruppa tells of her experience preparing deciding whether to have the surgery, what to expect and how your feelings about yourself will change. The author says: A full and practical guidebook to the process of tummy-tuck surgery. Do you miss the flat tummy you used to have, or never had but always wanted? Do you fantasize about loving your body and experiencing it in a new and satisfying way? Then this guide is just for you! Allow the real you to shine! I did it! clearly and directly addresses the physical, mental and spiritual changes involved in tummy-tuck surgery. It offers thorough insight into the full procedure and covers all aspects including possible concerns and required decisions, necessary pre-surgery preparation at home and at work, a must-buy shopping list, lab tests, essential actions and precautions, costs, recovery and healing period, the day after and evaluation of the surgical results. Includes a handy and detailed checklist and useful tracking utilities, as well as authentic photographic documentation of the entire process! Find inner love and balance and live in harmony with your body! You hold the ability to make a dramatic change in your life. With I did it! you will be able to: Find new freedom and confidence. Develop a new relationship with your body and a deep sense of inner connection with yourself.

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