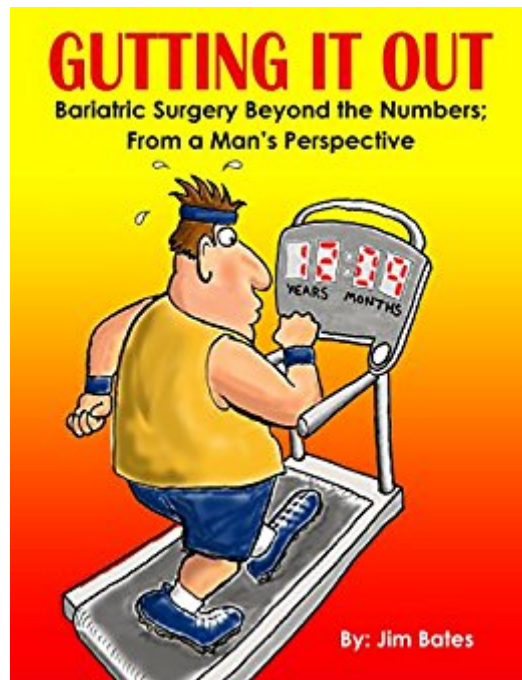


The book was found

Gutting It Out: Bariatric Surgery Beyond The Numbers; From A Man's Perspective



Synopsis

I had kicked around the idea of having Bariatric Surgery for over a decade. Lap Band, Gastric Bypass, and Gastric Sleeve; I had considered all of them but I just could not bring myself to go under the knife. I was functional and I was getting by and I did not want to waste my family's time and money by doing something I should be able to do myself. I felt this way until that one day. After that day, how I had been living was going to end. The weight was coming off. I saw that it was not having the surgery that would harm my family, it was my obesity that would. Thank-you for reading this description and I would greatly appreciate your leaving feedback on how the book read should you decide to read it.

Book Information

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Customer Reviews

This book offers an honest, thoughtful and witty perspective on bariatric surgery - from a male perspective. That's something that is strangely missing from this experience. For men who are facing the difficult decision, Bates speaks right to you. His humor makes this an enjoyable and quick read. You will journey with the author from his early memories of life with food and football through to his surgery. If you are trying to decide if you should have this procedure, you should make this

easy purchase for the encouragement and advice. His plain talk as a doctor is refreshing, he doesn't talk over your head at all, but connects to your heart. Do yourself a favor and buy this book!

I liked the fact that he gives us a little history about himself. He explains how he grew his stomach and how easy it was to do it and that no diet was ever going to work for him. After reading it, I'm more confident in my decision to pursue the surgery.

Fun short read for male sleeveers.

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