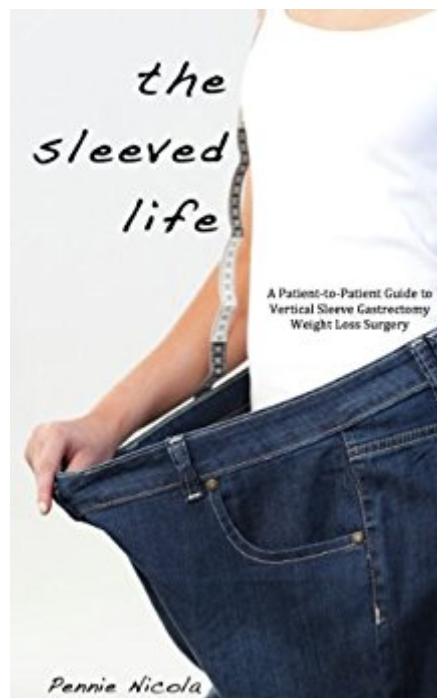


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# The Sleeved Life: A Patient-to-Patient Guide On Vertical Sleeve Gastrectomy Weight Loss Surgery



## Synopsis

Pennie Nicola has lost over 100 pounds with vertical sleeve gastrectomy, and she wants to help other potential weight loss surgery patients learn more about this bariatric procedure. Pennie combines her personal experience with the latest research to answer your most pressing questions about the gastric sleeve. Questions include: Why did you choose the sleeve instead of other weight loss surgery options? How do I begin looking for a sleeve surgeon? What does a typical pre-op diet look like? What is surgery day like? What will my diet look like after surgery? How do you handle the stigma of weight loss surgery? How is my goal weight determined? How many calories do you eat, on average? Are there any foods you can't eat? How much food can you eat in one sitting? Does hunger come back? Can the sleeve get stretched out? How do you deal with weight loss stalls? How many vitamins do you take every day? How much weight should I expect to lose with the sleeve? What does a maintenance diet look like?

## Book Information

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## Customer Reviews

I had not considered Vertical Gastric Sleeve surgery when I went for my first appointment with my bariatric surgeon. I had assumed that I would have a RNY but after some discussion with her I

agreed to do some more research on the subject. Well, little did I know that there just isn't a lot of info out there on this procedure. I have purchased another book that still had this procedure labeled as "experimental". I was glad to have come across this book as it answered a lot of questions for me. The author is not a clinician but an actual "Sleeve" patient. She gives good background info that is backed up by her personal experience. If you are considering a Vertical Gastric Sleeve procedure than this is a good place to start.

I had my sleeve surgery 12 days ago. Everything went good as long you follow your doctors and go to all the classes. I went to classes from July 15th till my surgery in November. You learn so much and they give you a binder for everything. I have a girlfriend that we went together to the peer to peer classes, cooking classes, information class on how people will take you losing weight even your best friends. After 12 days after surgery I was 274 and I now weigh 240. I waited for 13 years to get it due to congested heart failure from a bad cold but now its done. I am 73 and feel great thanks to my Lord.

I wish I'd found this book at the beginning of my weight loss journey. I started reading it one year after surgery. I felt like I was reading my own story, so much great information, and right on track of what is gonna happen before during and after weight loss surgery. I recommend this book to all those seeking weight loss surgery.

I am preop for the sleeve surgery. This book gave me a unique view of what to expect in the coming months and beyond--very good "nitty-gritty" info that I haven't seen nor heard from any other source! I highly recommend this book.

I'm prepping and want to know other than clinical answers. I want the perspective from someone who will have already walked in the shoes I'm about to walk in. I have already recommended this book to another friend I've met who is considering surgery.

This book was very informative but lacked the personal caring and sharing that a patient to patient guide should have. It just tells you most of the stuff your Dr. Will tell you. My suggestion is to go on YouTube and listen to the tons of personal stories there, they are better than this book.

I read this book after doing much research on the medical aspects of the three main bariatric

procedures available. What I found most helpful about this book was the first person account of her journey and the challenges and rewards of the weight loss surgery. I believe this book should be a must read for all patients considering bariatric surgery.

I was hoping to learn more about the "sleeved life" but nothing here I haven't already picked up online and on Facebook.

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