

The book was found

# 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

File Size: 462 KB

Print Length: 124 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 15, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B007US3LTM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #21,972 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Books > Medical Books > Medicine > Internal Medicine > Bariatrics #62 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Loss #63 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Maintenance

## 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.

[Download to continue reading...](#)

Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) The Sleeved Life: A Patient-to-Patient Guide on Vertical Sleeve Gastrectomy Weight Loss Surgery The BIG Book on the Gastric Sleeve: Everything You Need To Know To Lose Weight and Live Well with the Vertical Sleeve Gastrectomy (The BIG Books on Weight Loss Surgery 2) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery 4) Ultimate Gastric Sleeve Success: A Practical Patient Guide to Help Maximize Your Weight Loss Results ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book,

Baldness) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Vertical Gardening: The Definitive Guide To Vertical Gardening For Beginners. (The Definitive Gardening Guides) Vertical Jump: The Complete Guide to Increasing Vertical Leap, Improving Explosiveness, and Developing Athletic Power Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)