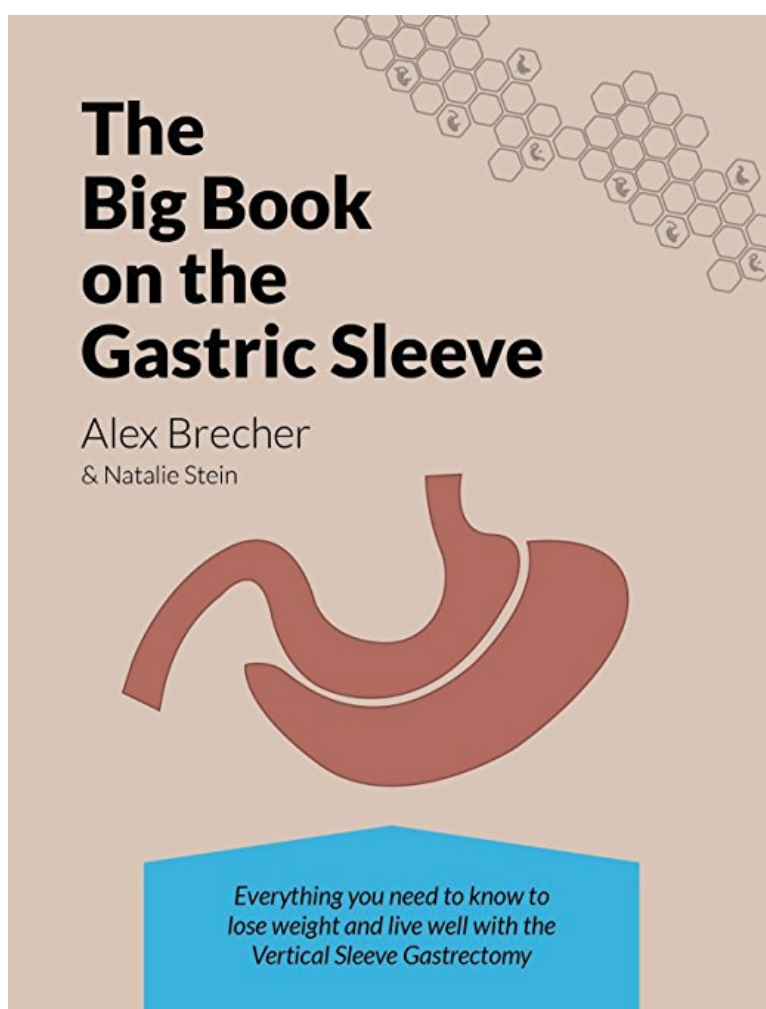


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# The BIG Book On The Gastric Sleeve: Everything You Need To Know To Lose Weight And Live Well With The Vertical Sleeve Gastrectomy (The BIG Books On Weight Loss Surgery 2)





## Customer Reviews

Being overweight and diabetic for most of my life, my doctor is actually who recommended surgical options. Let me just tell you that reading through their medical literature is tedious and confusing. There are several options if you decide to go with the surgery, and it was left totally up to me to decide which one I wanted. I was at my wits end, scared, and utterly uneducated when I literally stumbled onto one of the same author's other books regarding the LAP-BAND procedure. Then, much to my surprise, I found this book about the Gastric Sleeve too!! Two procedures thoroughly described and laid out for me! Both books are easy to follow, and are obviously from an experienced author....Who actually had the surgery! If you're looking for more information on these types of procedures, get these books!!

This book is very informative. It discusses everything from diet to exercise to shopping list for immediately after surgery to how to find the right doctor for you and more. It is written in clear easy language that the layperson can easily understand.

This is a really really great book on the subject of Gastric Bypass surgery, and the gastric sleeve in particular! It really goes into amazing details of pre and post operation considerations, pros and cons of the procedure, and how to live your life after the gastric bypass. The book is written in a style that a lay person can easily understand, and not the usually medical jargon you routinely encounter when searching the internet for advice. The book contains answers to almost all the questions I had regarding this procedure.

I like to start my review by saying this book is absolutely great. A very close friend of mine who I care about dearly decided he is going to get the gastric sleeve, not knowing much about it, I did a little research and found this book. I want to be there for him from beginning to end so I needed to know the entire process, after reading this book I learned just about everything. I learned not just about the sleeve, but about the economic, financial, and personal problems obesity creates. This book contains the answers to just about any questions anyone has on the process of deciding whether the sleeve is right for you, whether you make a good candidate, which surgeon to choose, how to prepare for the procedure and much more. I am happy I purchased this book and gained the necessary knowledge to be there for him. I also made my friend read it and he even learned more about the sleeve after doing countless hours of research on his own.

This is a great title for a book written with everyone in mind. Not dryly technical, however informative about every aspect of sleeve surgery. I liked this book because it is not "selling" the surgery, but gives many ideas to consider, pro and con. It also takes you from step 1 (you are considering surgery), to step 100 you have completed your first year after surgery. I found myself wavering a little because Mr Brecher really tells it like it is-the good and the not so good. It was well worth reading-I needed the information to make an informative decision!

If you are even considering the gastric sleeve procedure, this is the book for you! It has so much useful information and it is easy to read. I especially enjoyed reading the success stories from some of the readers. Really happy that I purchased this book.

This is a remarkable, comprehensive book on the gastric sleeve procedure. I am preparing to have this procedure done and the author explains everything step-by-step from the initial planning of having bariatric surgery, pre-surgery considerations, potential complications, post-surgery and post surgery potential complications and hopefully, ultimate success with the gastric sleeve procedure. I also like that he has excerpts of people who underwent the surgery and their feedback on the surgery. He stresses the diet plan that many surgical centers recommend for gastric sleeve patients and how to deal with minor discomforts after surgery. Perfect book, I am so happy with my purchase.

If you have an internet connection, you do not need this book. You can find all of the information contained in this book online. I also feel that this book was written for a 12 yr old. It babies you and over-explains simple things.

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