

Gastric Sleeve Cookbook

author: Luke Newman

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Synopsis

author	Luke Newman
readBy	Michael Reaves
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If you will undergo or have already undergone a bariatric surgery and are looking for guidance then keep reading... Have you considered gastric sleeve surgery to help you get healthy? Do you have a surgery date set? If you answered "yes" to either of these questions, this audiobook is for you. Gastric sleeve is one form of weight-loss surgery, so it shouldn't be taken lightly. It is a huge step and is typically used as a last resort. That's why it's wise to be prepared, so you can avoid mistakes and have a smooth path to a healthier you. In this *Gastric Sleeve Cookbook: An Essential Bariatric Cookbook with Healthy and Delicious Gastric Sleeve Recipes for the Gastric Sleeve Surgery and Gastric Sleeve Diet*, you will learn:

- What you need to know about the gastric sleeve surgery
- How to follow a gastric sleeve diet
- Common questions people frequently ask
- Delicious and healthy recipes you can consume before the operation
- Healthy and delicious recipes for after the surgery
- And much more

So listen to this audiobook now, if you want to be prepared!

Reader's comments

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