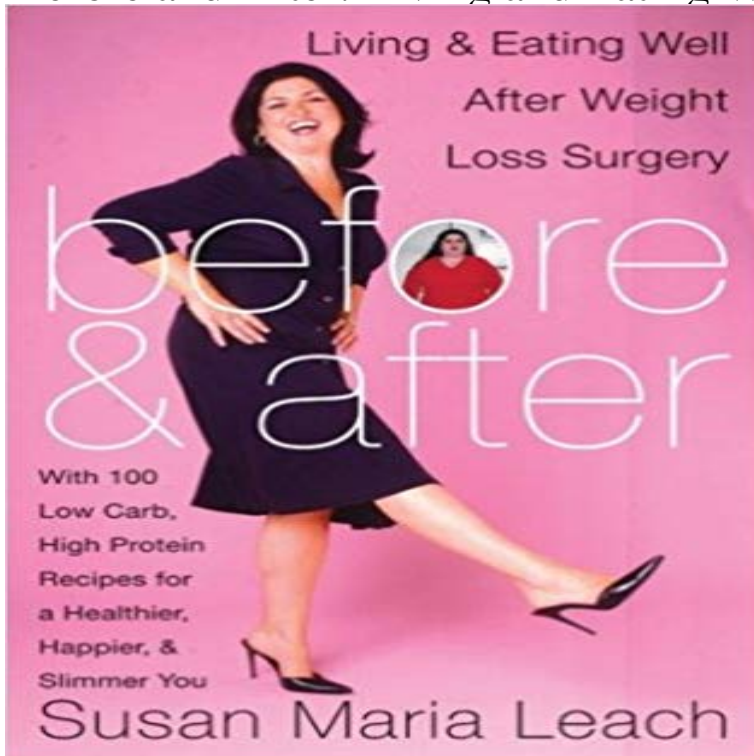


## Before and After: Living and Eating Well After Weight Loss Surgery



At 278 pounds, Susan Maria Leach couldn't fit into a roller coaster seat, couldn't tie a bathrobe around herself, couldn't even ride with her husband on the back of his Harley. Enough was enough. Susan underwent gastric bypass weight loss surgery. Now Susan weighs in at a mere 135 pounds. Her book, *Before & After*, is the story of her incredible journey from being too big to enjoy her life, to being able to truly enjoy life to its fullest. Now Susan can fit into that roller coaster seat, completely tie that robe, and ride on the back of her husband's Harley. More than one hundred thousand people had weight loss surgery in 2003, and as those pounds continue to drop, the number of people opting for the surgery continues to rise. Part memoir and part cookbook, *Before & After* includes a foreword by Susan's surgeon, comments from a nutritionist, and a section on frequently asked questions. It is an intimate account of Susan's own transformation, as well as a universal guide for those who have undergone or are considering the procedure. After her own success, Susan participated in support groups for weight loss surgery patients. There, she discovered that people had as many questions about life after surgery as they had about the operation itself. *Before & After* answers those questions and many more. An accomplished home cook and longtime culinary enthusiast, Susan quickly became known as the lady with the recipes. Determined not to give up good food and a flexible lifestyle, Susan worked hard to develop recipes that meet her nutritional requirements, yet are delicious and satisfying for her, her family, and her guests. The 100 recipes -- which include everything from Roasted Salmon with Mango Salsa and Italian Meatballs to Belgian Chocolate Cheesecake and Lemon Meringue Pie -- make about four servings, but each comes with a measured serving for WLS people along with a

calorie/carb/fat/protein count. Susan has recipes for every step of the way, from tastes-like-the-real-thing milk shakes for those first post-op days to an entire Thanksgiving menu. Before & After is a journal of Susans own inspirational story, where she shares her ups and downs, her tips and techniques, but mostly its a book about hope for anyone who has a serious weight problem.

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**About Us - Bariatric Eating** Before & After has 155 ratings and 20 reviews. Erin said: A little too cheery for me - very little discussion of any hardships or difficulties, and its Before and After: Living and Eating Well After Weight Loss Surgery on . \*FREE\* shipping on qualifying offers. At 278 pounds, Susan Maria Leach **Booktopia - Before and After, Living and Eating Well After Weight Before & After - Living & Eating Well After Weight Loss Surgery** An intimate guide to living and eating well after weight loss surgery, Before & After by Susan Maria Leach was nominated for three IACP awardsBest First **none** Oct 13, 2009 The NOOK Book (eBook) of the Before & After, Revised Edition: Living and Eating Well After Weight-Loss Surgery by Susan Maria Leach at **Before & After, Revised Edition: Susan Maria Leach** - Nov 6, 2012 An intimate guide to living and eating well after weight loss surgery, Before & After by Susan Maria Leach was nominated for three IACP **The Experts Guide to Weight-Loss Surgery: Is it right for me? - Google Books Result** Oct 13, 2009 The NOOK Book (eBook) of the Before & After, Revised Edition: Living and Eating Well After Weight-Loss Surgery by Susan Maria Leach at **Before & After, Second Revised Edition: Living and Eating Well After** books my patients like include: Recipes for Life After Weight-Loss Surgery by Before and After: Living and Eating Well After Weight Loss Surgery by Susan **Before & After : Living and Eating Well After Weight-Loss Surgery Okay Ive Gone Through Weight Loss Surgery, Now What Do I Do?! - Google Books Result** Before and After: Living and Eating Well After Weight- Loss Surgery by Susan Maria Leach (William Morrow Cookbooks, revised edition, 2004) Eating Well After **Before & After, Second Revised Edition - Susan Maria Leach - E-book** An intimate guide to living and eating well after weight loss surgery, Before & After by Susan Maria Leach was nominated for three IACP awardsBest First **Before & After : Living and Eating Well After Weight-Loss Surgery** Before & After, Revised Edition and over one million other books are available . Before and After: Living and Eating Well After Weight Loss Surgery Hardcover. **Eating Well After Weight Loss Surgery: Over 140 - Before & After,**

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