



The Rest of the Truth: Bariatric Surgeries and Other Fast Weight Loss Diets

Pamela Harrelson

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Personal trainer Pam Harrelson shares both inspiration and valuable up-to-date information for those struggling with obesity. Weight maintenance starts with the mind, not with a diet, nor with a scalpel on the operating table. If a person is obese, or just average size and caught for decades in the terrible cycle of dieting, Pam's unique message can capture their attention! Bariatric surgery is helpful for many people, yet they often regain their weight because they don't learn healthy new habits for long-term maintenance. "The Rest of the Truth" is a must read for anyone considering any surgery to aid weight loss or for anyone who has had such a surgery but is still having difficulty maintaining their desired weight, or having re-gained all their weight years post surgery. Research reveals that the majority of ten year post op patients have not maintained their weight loss. Research also reveals a high suicide rate among these patients. Over a 16 year period Pam and her husband had repeated bariatric surgeries. Because of her overall experience, Pam is neither pro-surgery nor anti-surgery. Pam's well researched message should motivate any person with a food addiction or a sedentary lifestyle, at whatever size they may be. so-fareast The focus of this book is on educating the reader on the often- overlooked causes of overeating and on the importance of making lifetime changes in eating and exercise habits for lifetime weight loss success. Pam's inspirational testimony can motivate any reader that it is worth the effort to prepare to win! so-fareast- FOR UPDATED INFORMATION, PLEASE CLICK ONTO: WWW.GASTRICBYPASS-RESTOFTHETRUTH.COM

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