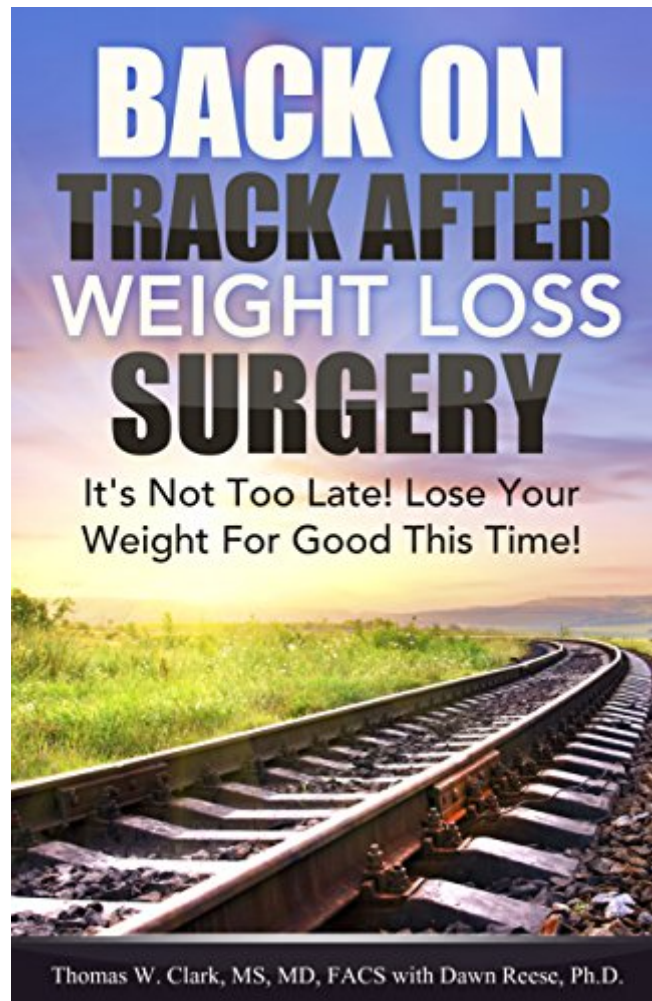


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# Back On Track After Weight Loss Surgery: It's Not Too Late! Lose The Weight For Good This Time!



## Synopsis

FROM 5-TIME #1 BEST-SELLING AUTHOR There are many reasons why you may have re-gained weight after weight loss surgery. The important thing to remember is that it is not too late! You can master the proper use of your powerful tool â€” for life this time! Your new beginning starts here. This Book Will Show You How To ...â€” Determine the current size of your gastric pouchâ€” Understand what your meal process should be and how to manage hungerâ€” Prevent stress from sabotaging your weight loss â€” Develop a plan that will work for youâ€” Create an effective accountability systemâ€” Successfully work in a work-outâ€” Get it right this time This book also includes an extensive bonus section of resources to get and keep you on track! â€” I would recommend this book to anyone who is struggling after having weight loss surgery. I had re-gained 20 pounds. I thought â€”Iâ€™ve got to try this.â€™ I did and I am back on track for life this time! Dr. Clark is the master at simplifying exactly what to do. You are not alone!" Marsha Tâ€” I knew I was getting away from the things I should have been doing but wasnâ€™t sure how to regain control again. I had a 4 month plateau along with ups and downs with my weight. I needed to get back on track fast. Dr. Clark and Dr. Reese helped me do just that. Now I know what to do (for life) without feeling deprived.â€” • Sharon B www.cfwns.com

## Book Information

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## Customer Reviews

I have read a many of books on this subject and this is the BEST BOOK THUS FAR FOR POST-OPT WLS PATIENTS who are looking for help to regain knowledge or learn more about their tool for weight loss and maintaining your healthy weight. I am 5 years post-op and have had a back injury which lead to surgery 2 years after my wls. I put on over 70 lbs back on after my surgery. Mean while my Bariatric doctor has retired and I have not been able to find a local support group or doctor for that matter. I have a wonderful family doctor who has been doing his best to help me but this is not his field of expertise. Dr Clark even though I have never talked to him face to face reminds me of my weight loss doctor/surgeon who retired. He seems to love what he does and really care about his patients and is willing to help the wls community with his free webinars and other tips and tools to help get you back on track to regaining your life. I recommend this book to any one who has had WLS that is struggling with post-op weight gain..

Weight re-gain is a topic that affects the majority of the population whether after weight loss surgery or with non-surgical weight loss efforts. Dr. Clark and Dr. Reese are masters at simplifying a step-by-step plan that works! The additional resources in this book make it even more worthwhile. He has helped thousands and he can help you too!

Dr Clark is very concise and direct in this book. I felt like I was sitting in his office, talking directly to him. Dr. Clark is a very compassionate doctor who really cares about his patients. He wants to see you through your "journey". His staff are also a reflection of his good leadership.

Really good info on how our body works with food!!! It got me back on track with eating right and being consistant

The book is well written and supportive. A lot of the links however, are designed to sell us more services at the CFWLS.com website. There are some free videos that people might find helpful the youtube channel[...] from Dr. Clark, but the weightlossacademy link in his book does not seem to exist (or is down at the time of this writing), So all in all, a pretty good book about getting back on track, although there is nothing new or innovative here, and the support web sites listed in the

appendix either don't work, have a few helpful additions, or are designed to sell us something. While I feel I got my money's worth from the book, the additional resources at the end were not nearly as helpful as I would have liked.

I wish I had this book from the beginning of my journey I am 3 years sleeve post op and trying to get back on track. This book brought out very good points to help me see that it is indeed possible!

A lot of common sense that my original surgeon should have told me about. I feel that this book combined with the 5 Days Pouch Test Book will really help me get back on track and lose the last 50lbs.

Really helpful if you've gained some weight back and are struggling a little after a couple years after WLS...It's like having a diet buddy with you at all times to get back on track.

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Back On Track After Weight Loss Surgery: It's Not Too Late! Lose The Weight For Good This Time!  
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) 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) The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery 4) 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) 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 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) 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) Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food

list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) You Can Heal After Spine Surgery: Managing pain, making decisions, preparing for surgery, and finally recovering from back and neck surgery. 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)) Weight Loss Box Set: Learn The Secrets of Weight Loss (weight loss, vegan diet, good gut) The Big Book on the Gastric Bypass: Everything You Need to Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG Books on Weight Loss Surgery 3) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes,green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) 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) Life After Weight Loss Surgery: Achieving and Maintaining Massive Weight Loss

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