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Gail Engebretson. Paperback. Book Condition: New. Paperback. 184 pages. Finally, a book that talks about the work and changes necessary following weight-loss surgery to achieve long -term success. Surgery is only the beginning and the author emphasizes that right from the start. Gail was first warned of the dangers of being overweight by her doctor when she was only six years old. By the time she was 30 years old, she weighed 250 pounds, although she was only 5 3...

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