



## Before & After, Revised Edition

*Susan Maria Leach*

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## **Before & After, Revised Edition** Susan Maria Leach

At 278 pounds, Susan Maria Leach couldn't lie in bed without gasping for air, wasn't able to fit into a restaurant booth, and could barely buckle the belt on an airplane seat. In 2001 she resolved to take back control and underwent gastric bypass surgery—cutting her weight in half and beginning a journey that would change her life forever.

At once an eye-opening memoir, a self-help guide, and a cookbook filled with delicious, healthy recipes, *Before & After* is Susan's inspiring personal account of her remarkable transformation as well as an indispensable handbook for anyone who has already undergone or is considering the procedure. This newly revised and updated edition includes a wealth of important new material, including:

Menus and meal plans containing new products and recipes. Weight-loss surgery may not be the answer for everyone. But reading Susan Leach's personal story, and sharing her ups and downs and her tips and techniques, will provide inspiration, motivation, and hope for anyone with a serious weight problem.

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### **From reader reviews:**

Mary Rohe:Spent a free time for you to be fun activity to do! A lot of people spent their leisure time with their family, or their very own friends. Usually they doing activity like watching television, likely to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could possibly be reading a book could be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to try out look for book, may be the guide untitled Before & After, Revised Edition can be good book to read. May be it is usually best activity to you.

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