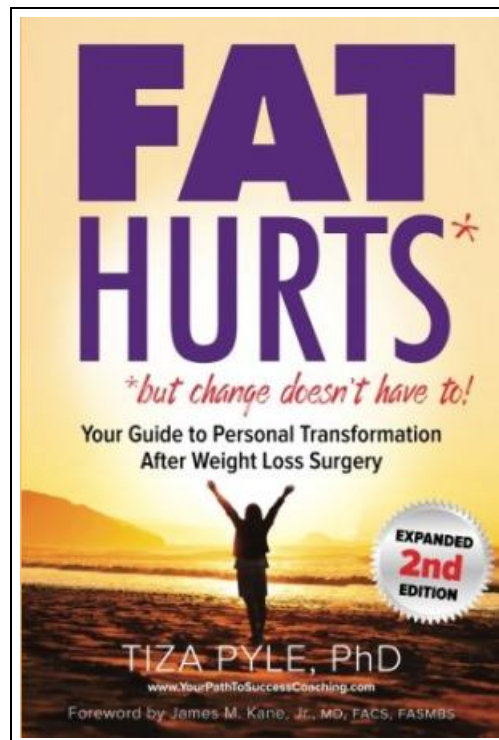


Fat Hurts: Your Guide to Personal Transformation After Weight Loss Surgery (Paperback)



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Reviews

A really great publication with perfect and lucid explanations. Of course, it is play, continue to an amazing and interesting literature. I discovered this book from my i and dad suggested this publication to find out.
(Dr. Augustine Borer)

FAT HURTS: YOUR GUIDE TO PERSONAL TRANSFORMATION AFTER WEIGHT LOSS SURGERY (PAPERBACK)

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Pyle Consulting Group, Inc., United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.You Can Transform your Life! **FAT HURTS: Your Guide to Personal Transformation After Weight Loss Surgery** takes a closer look at how you can make the most of your life-after significant change and transformation through bariatric surgery-from the perspective of somebody who has been there! In this revised and expanded Second Edition, using her extensive experience in change and personal transformation processes, Dr. Pyle offers suggestions on how you can shape your own personal transformation journey. By sharing how she has, successfully, made changes in her own life to reach and maintain a healthy weight, Dr. Pyle opens possibilities for others to follow a similar path. There are no easy answers, or a magic bullet, but learning how to create and execute a carefully thoughtout plan can bring you the desired results and long-lasting changes to reach a healthier lifestyle. Dr. Beatriz (Tiza) Pyle (PhD) has extensive experience as a coach and consultant. She has a doctorate from Loyola University of Chicago in Education and Leadership Development, and during her career she has been a leader in change processes in organizations. In addition, Dr. Pyle has significant personal experience with the difficulties of dealing with obesity for most of her life. She lost over 130 lbs. in her 60s-and has achieved and maintained a healthy weight since 2009. Her objective in sharing her experience-as an advocate for personal change and healthier, productive lives- is to offer support to others in their journey of transformation and better health-at any age.



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