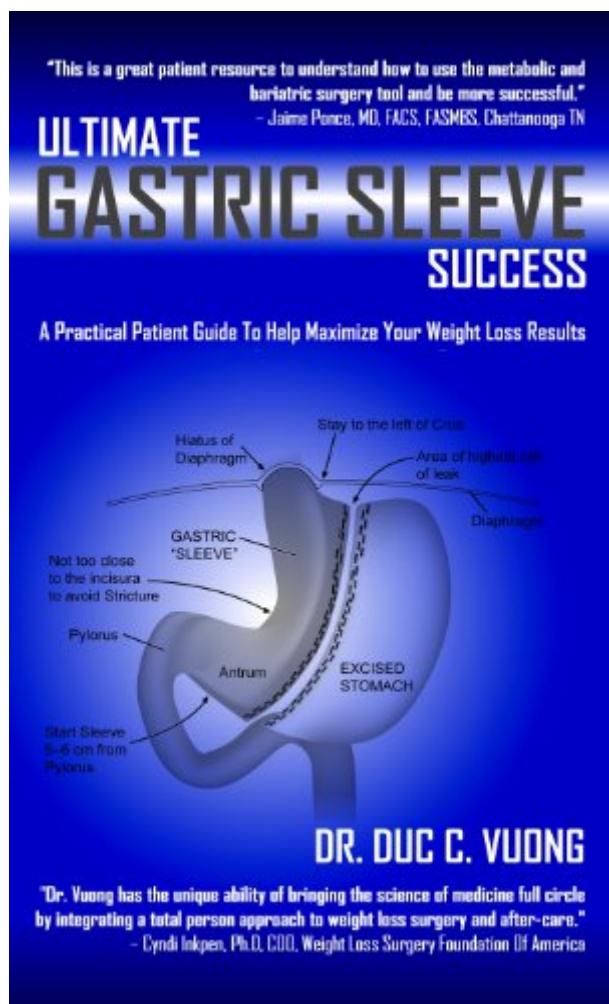


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# Ultimate Gastric Sleeve Success: A Practical Patient Guide To Help Maximize Your Weight Loss Results



## **Synopsis**

Building on his popular Ultimate Success series, "Support Surgeon" • Dr. Duc Vuong returns with his latest weight loss surgery guide, this time for Gastric Sleeve patients. Written in an easy-to-understand manner, he explains some of the anatomical and surgical aspects of this newer surgical procedure, while providing practical strategies on how to be successful long-term. Anatomical drawings are provided for reference. He delves into some of the most elusive topics that plague weight loss surgery patients, such as weight loss plateaus, social eating, and long-term follow-up testing requirements. Maintaining the quiz and answer format of his previous books, this book is a must read for all weight loss surgery patients who are looking to maximize their weight loss surgery tool. See also [www.ultimategastricsleeve.com](http://www.ultimategastricsleeve.com)

## **Book Information**

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## **Customer Reviews**

Before and after my bariatric surgery I bought a lot of guides. I haven't reviewed some because I could find nothing good to say about them, but this is one of the best -- if not THE best. The

difference, I believe, lies in Dr Duc Vuong's infectious enthusiasm for good food. Food is what preoccupies us before bariatric surgery -- and it sure as shootin' is on our minds after bariatric surgery. The point is to make a new start, and to dump the bad old ways. This is what Dr Vuong teaches us to do. As a Vietnamese, and obviously a very gifted home cook as well as a fine surgeon, he is familiar with cooking high-protein meals using the best fish and seafood -- and I cannot imagine my post-operation diet without fish and seafood. It really is a key ingredient, full of protein, yet light on the bad stuff. His overall emphasis on quality fresh food strikes a real chord with me. I believe that many overweight people -- well, me for a start -- do not think too much about food, but rather, too little, cramming processed junk into our mouths without considering or even tasting what we are devouring. To appreciate food -- and understand what it contains -- is the first step on the road to health. This is not to say that this excellent book contains nothing but recipes, far from it. But the advice on eating is so good, and so important, that I heartily recommend this book for that alone. At 70lbs down, I have to thank Dr Vuong for writing this.

I have read about half of this book so far and it is excellent. In my research, I have read many books on WLS and this one is really the first that has offered some excellent practical advice for patients. Most of these books are all about the surgery but this book really hits home with life applicable advice on change. I highly recommend it based on what I have read so far!

As a weight loss surgeon, I am always looking out for educational materials for my patients. These materials must be easy to read, factual, and provide tips. This book does all of that. Easy to read, the book takes the patient in the journey from the operating room to the lifestyle of the fastest growing weight loss operation. The book provides some easy rules for the patient to follow- all of which I agree with. It also provides added inspiration for success. I have ordered copies of this book for my patients who undergo this operation

This book gives you a no nonsense type approach for the Gastric Sleeve. If you follow the book you will heal faster and healthier than any other way. Dr. Vuong knows what he is talking about, and I thank him for that.

I entered into gastric sleeve surgery shockingly (for me) under-informed - I guess I didn't know what I didn't know, to the extent that I was clueless. Turns out, though I had my surgery a week ago at "Boston's best hospital" (aren't they all?) I got little-to-no individualized attention or consideration,

and throughout received canned responses and lowest common denominator information. Enter Dr. Vuong's book. Without it I truly - no joke - could not have done this journey even to the extent that I have. I luckily found it through searching , ordered it, and spent the month before surgery reading and re-reading it. Suddenly I had informed questions to ask! Suddenly I felt like I'd indeed have a normal life when the initial stages were over - but not the SAME life. Yes, I'd have an ice cream with my son again, or tapas in Spain. But no, I'd not revert to doing all the same things that had brought me to the miserable point of surgery in the first place. Dr. Vuong is a gastric patient's best friend, no kidding, and I'm not a relative :). His little video shorts are wonderful, his seemingly simple (and poorly named) "Weight Loss Surgery Success" a useful, concise guide to thinking differently (as opposed to the usual self-involved tomes on "mindfulness" and eating that spend much of their text focusing on the author). I've just learned about "periscope" on which he apparently gives broadcasts, and I intend to follow him on that. He's more than just informational. He's hopeful, he's kind, he's clear, and he gives action points rather than theory. Do this! It'll help! I'm am admittedly a bit emotional - first days of gastric surgery are not the easiest. But I honestly feel that had I not found Dr. Vuong's book, I'd be in a world of confusion and unhappiness right now. How very lucky we are that he wrote this. Dr Vuong, thank you. You've helped more than you can possibly know.

I had my gastric sleeve done by Dr. Vuong in Albuquerque less than 3 months ago and his book is helping me to succeed with losing weight, and changing the way I eat and my relationship with food. I have the extra advantage of being able to attend Dr. Vuong's group meetings for added support in my gastric sleeve success, but this book has all the information that is covered in his group meetings. It will help you to succeed with your gastric sleeve surgery.

While I appreciated having a book solely dedicated to the Sleeve surgery, I didn't learn much from this book that I hadn't already learned from my bariatric team (which is a good thing!) But my main problem with this book is that Dr. Vuong's tone gets a little preachy at times, and his message about overweight people seems to vacillate between encouragement and echoing the common social stigma that we are all eating Twinkies and drinking 12 cans of Coke a day. He also makes sure to mention several times that he is not overweight, and even cites his own BMI. When talking about diet, he demonstrates a strong bias for organic foods (which is fine, but it is an economic barrier for many Americans) and, despite most advice I have heard to the contrary, he advocates for the inclusion of white rice in the diet, which seems to be mostly based on the fact that most Asian people are thin. He spends a great deal discussing what he eats, what he does and doesn't do, and

how he cooks, which is fine, except for the fact that he also clearly differentiates himself from overweight people in that he has never had an issue with weight. All in all, I would have preferred to read about his patients and their journeys, and what data and conclusions he has been able to gather in his time in the field. If I want to read a first-person account, I'll read one from an actual patient.

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Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) The BIG Book on the Lap-Band: Everything You Need To Know To Lose Weight and Live Well with the Adjustable Gastric Band (The BIG Books on Weight Loss Surgery 1)

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