



It s Never Too Late: A Ten-Year Journey with Weight Loss Surgery (Paperback)

By Karen S Gillman

After the Band, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Karen Gillman s It s Never Too Late was written to share with readers her battle with obesity and how she ultimately combatted it with weight loss surgery. In early 2000, her weight crept to an all-time high of over 300 pounds. She found herself going through the motions in a lifestyle she didn t love, living in a body that was weighing her down mentally and physically. There were several indications that had made her realize if she didn t make some drastic changes, her future would never match that of what she had dreamed of. In 2004 she had gastric band (Lap-Band(R)) surgery which helped her to shed 145 pounds. Through tips and tricks she has learned along the way as well as those she has personally developed, she has maintained the weight loss and gained a new life that she, through this book, is ready to share with others who are or may be looking to do the same. Karen shares her top 10 Can t Live Without items after weight loss surgery as well as motivational to-do...



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