



Before & After, Revised Edition

Susan Maria Leach

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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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