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## JOURNEY TO A HEALTHIER ME: A TRAVEL GUIDE FOR PHYSICAL EMOTIONAL WELL-BEING AFTER WEIGHT LOSS SURGERY



Pam Tremble, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Every journey needs a road map. Especially after weight-loss surgery. There is new terminology to learn, requirements to follow and routines to form as patients begin the journey toward a holistically healthier self-mind, body and spirit. Journey to a Healthier Me serves as a travel guide, helping patients at every step of the path to...

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- Authored by MS Pam Tremble
- Released at 2013



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