



FAT HURTS: How to maintain YOUR healthy weight after Weight Loss Surgery

Tiza Pyle

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Weight Loss Surgery is only the beginning... Being obese hurts! Physically, emotionally, socially! FAT HURTS: How to maintain YOUR healthy weight after Weight Loss Surgery takes a closer look at how to succeed after one of the many options to conquer obesity — bariatric surgery — from the perspective of somebody who has been successful with the process and has reached a healthy weight. Using her extensive experience in Change Management processes, Dr. Pyle applies these principles to create a model for long-term success in personal transformation. There are no easy answers, or a “magic bullet”, but learning how to create and execute a carefully thought-out plan can bring you the desired results and long-lasting changes to reach a healthy weight for life.

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