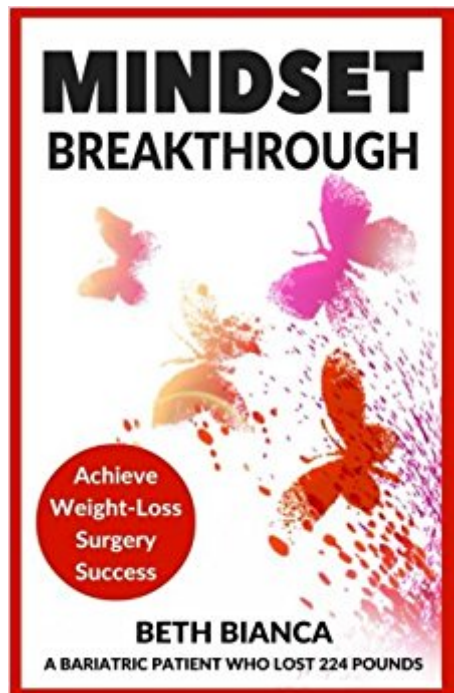




The book was found

Mindset Breakthrough: Achieve Weight-Loss Surgery Success



Synopsis

Discover the Freedom of Not Being Controlled by Food Beth Bianca Had Weight-Loss Surgery and Lost a Total of 224 Pounds by Breaking Through Her Old Mindset. Learn 8-Steps to Break Through Your Lifelong Food Behaviors. If weight-loss surgery helps you lose weight, why do so many people gain their weight back? Having weight-loss surgery isn't a lifetime fix. If you keep thinking the same way you always have, chances are you'll end up back where you always were. Having bariatric surgery isn't enough. You have to change the way you look at and feel about food. Inside Mindset Breakthrough: Achieve Weight-Loss Surgery Success, Beth shares real-life examples and the steps she took to overcome the "mind games" after having bariatric surgery. Although her stomach was smaller, she still had the same cravings and impulse food desires she always had. It was embarrassing for her to see how much of her life revolved around food. During Beth's transformation, she discovered the key to unlocking her old ways of thinking and food behaviors. Now, you can learn the same 8-Steps Beth used and break through your own patterns. As you read and apply these steps to your life, you will become empowered to take control over your life and finally find freedom from your self-defeating habits. Beth explains:

- * What needs to be done for weight-loss surgery success.
- * How to develop the mindset to DO WHAT NEEDS TO BE DONE.
- * How to end the self-inflicted frustration you have lived with all of your life and feel the freedom of not being controlled by food, once and for all.

Mindset Breakthrough is written in easy to understand, concise, actionable steps. Beth simply states, "If I could it, so can you!" Would you like to know more? Scroll to the top of the page and click on the "Add to Cart" button.

Book Information

Paperback: 86 pages

Publisher: Blue Pluto Publishing; 1 edition (November 23, 2016)

Language: English

ISBN-10: 0692806156

ISBN-13: 978-0692806159

Product Dimensions: 5.2 x 0.2 x 8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 40 customer reviews

Best Sellers Rank: #104,536 in Books (See Top 100 in Books) #1 in Books > Medical Books > Medicine > Medical Procedure #12 in Books > Medical Books > Medicine > Internal Medicine

Customer Reviews

BETH BIANCA weighed 394 pounds, was in a wheelchair and riddled with health issues before having weight-loss surgery. She lost a total of 224 pounds and gained her life and health back. Now Beth is passionate about sharing what she has learned and helping other bariatric patients. She is a contributing author to the Huffington Post and founder of LadiesInWeighting.com. You can find her at www.BethBianca.com.

Excellent first-person account of WLS--the process, the aftermath and results. Recommended for anyone, like myself, in the process for weight loss surgery.

Very helpful and informative. Highly recommend.

I consider this book as my handbook. It's a well written account of a bariatric patient. I have it close at hand because it is beneficial to read time and again. I am thankful for this book, as I feel it applies to me. I have referred this book to others and also told my general doctor about this great book, so she can recommend it to her patients considering bariatric surgery.

The book has really good ideas about the psychology of weight loss. I was looking for a book that described her journey after a gastric sleeve.

Very good read. Not only do you need to change your eating habits but also your mind. Beth explains what worked for her to change her life. I can't wait to use her methods to get back and stay on track.

Really enjoyed this book. I liked that the author wrote it in a way that can be used for other challenges in your life as well. Written in a way that felt like a conversation, not a formal intimidating doctor conversation.

I love this book so much that i will probably read it again. It makes so much sense but my memory thinks i should read again....

This is an excellent book packed with helpful well researched information from Beth Bianca who knows from personal experience what its like being Morbidly obese to now having a Slim Trim Body. She has gone thru Weight Loss Surgery and has come out of it with knowledge that will help the Unsure struggling patient Pre -op and Post op Patient. A Must Read !

[Download to continue reading...](#)

Mindset Breakthrough: Achieve Weight-Loss Surgery Success Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery) (Volume 4) The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery 4) The Art of Belief: Design Your Mind to Destroy Limitations, Unleash Your Inner-Greatness, and Achieve the Success of Your Dreams (Success Mindset, Mind Development, Personal Success Book 1) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Weight Loss Surgery Cookbook: RECOVERY Bundle - 2 Manuscripts in 1 - a total of 90+ Delicious Low-Carb, Low-Sugar, Low-Fat, High Protein recipes for all stages of recovery After Weight Loss Surgery Weight Loss Surgery Cookbook: MORNING MEALS bundle Æ 2 Manuscripts in 1 Æ 80+ Delicious Bariatric-friendly Breakfast, Brunch and Snack Recipes for Post Weight Loss Surgery Diet Weight Loss Surgery Cookbook : QUICK MEALS bundle Æ 2 Manuscripts in 1 Æ 80+ Delicious Bariatric-friendly Quick Lunch and Dinner Recipes for Post Weight Loss Surgery Diet Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) NLP for Fast Weight Loss: How to Lose Weight with Neuro Linguistic Programming - Program Your Weight Loss Success Now Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat

Burning Success Weight Loss) (Beginner's Guide) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide 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) Ultimate Weight Loss Smart Points Beginner's Guide: Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)