



## I Did It!: Tummy Tuck Surgery - An Intimate Guide (Paperback)

By Lilach Keren-Gruper

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A full and practical guidebook to the process of tummy-tuck surgery. Do you miss the flat tummy you used to have, or never had but always wanted? Do you fantasize about loving your body and experiencing it in a new and satisfying way? Then this guide is just for you! Allow the real you to shine! I did it! clearly and directly addresses the physical, mental and spiritual changes involved in tummy-tuck surgery. It offers thorough insight into the full procedure and covers all aspects including possible concerns and required decisions, necessary pre-surgery preparation at home and at work, a must-buy shopping list, lab tests, essential actions and precautions, costs, recovery and healing period, the day after and evaluation of the surgical results. Includes a handy and detailed checklist and useful tracking utilities, as well as authentic photographic documentation of the entire process! Find inner love and balance and live in harmony with your body! With I did it! you will be able to: Find new freedom and confidence. Develop a new relationship with your body and a deep sense of inner...



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