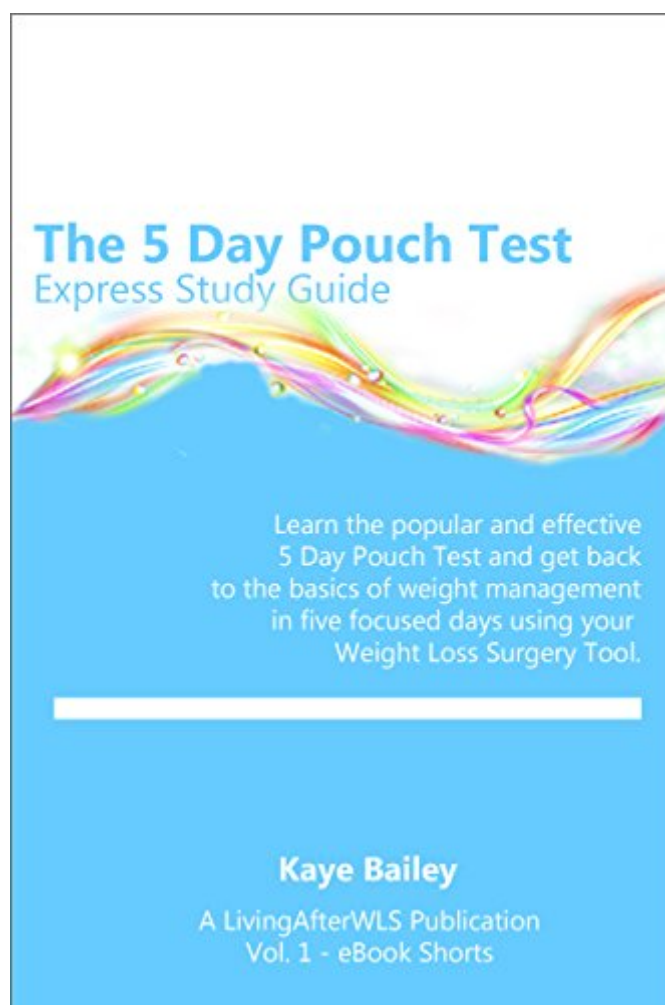


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# 5 Day Pouch Test Express Study Guide: Find Your Weight Loss Surgery Tool In Five Focused Days. (LivingAfterWLS EBook Shorts 1)



## Synopsis

5 Day Pouch Test Express Study Guide eBook gives you instant access to understanding the popular and effective back to basics plan supporting your weight loss goals after weight loss surgery. This quick study guide provides essential understanding to implement the plan and move in the direction of your weight management goals in five focused days. Whatâ€™s in it: The Express Study Guide includes the plan summary in detail by day; 32 Frequently Asked Questions and Answers about the plan; and 10 sample recipes to get you started. Who itâ€™s for: The 5 Day Pouch Test Express Study Guide is for those who want to learn a little more about the plan without investing in the manual; for people anxious to do the 5DPT and want a quick overview; for those who know the plan and have used it successfully who want a quick reference at their fingertips. The 5 Day Pouch Test is for people who want to succeed long term with their weight loss surgery tool.

## Book Information

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## Customer Reviews

Kaye Bailey has done it again. This express guide is just what I needed with my busy life. It is short and to the point. It will be great to take my Kindle into the grocery store and shop for 5DOT items easily. The recipes look delicious too!

This is the encouragement that I needed to get back on track. The author answers your questions that you have to get started and to completed your 5 days with getting back on track.

I've known of Kaye for many years, and I can tell you that she is a passionate advocate for all WLS patients in every area of life. As one who had the procedure herself, she is familiar with all the challenges and rewards that come with it! Kaye's one goal is to make sure that patients receive all the support they need to succeed in their journey. Kaye's 5 Day Pouch Test is well spoken of by medical teams all over the United States. Many people who had considered themselves failures have turned their lives around. This Express Guide is yet another innovation! It's like having the plan at your fingertips, wherever you may be.

I desperately needed to get back on track after slipping into old habits and this plan made it easy to do! Thank you Kaye!

Everything that has Kaye's name on it is AWESOME.....

It gives you all the highlights of the other book companions and helps get you get ready mentally for the 5 day test. Motivational.

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