

P90X[®]

CLASSIC

A Fit New Beginning

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PHASE 1

| WK | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|----|------------------------------|----------------------|-------------------------------------|-----------|-----------------------------|---------|---------------------------------------|
| 1 | CHEST & BACK, AB RIPPER X | PLYOMETRICS | SHOULDERS & ARMS, AB RIPPER X | YOGA X | LEGS & BACK, AB RIPPER X | KENPO X | REST OR X STRETCH |
| WK | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
| 2 | CHEST & BACK, AB RIPPER X | PLYOMETRICS | SHOULDERS & ARMS, AB RIPPER X | YOGA X | LEGS & BACK, AB RIPPER X | KENPO X | REST OR X STRETCH |
| WK | DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 |
| 3 | CHEST & BACK, AB RIPPER X | PLYOMETRICS | SHOULDERS & ARMS, AB RIPPER X | YOGA X | LEGS & BACK, AB RIPPER X | KENPO X | REST OR X STRETCH |
| WK | DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 |
| 4 | YOGA X | CORE SYNERGISTICS | KENPO X | X STRETCH | CORE SYNERGISTICS | YOGA X | REST OR X STRETCH RECORD |

PHASE 2

| WK | DAY 29 | DAY 30 | DAY 31 | DAY 32 | DAY 33 | DAY 34 | DAY 35 |
|----|--|----------------------|-------------------------------|-----------|-----------------------------|---------|---------------------------------------|
| 5 | CHEST, SHOULDERS & TRICEPTS, AB RIPPER X | PLYOMETRICS | BACK & BICEPS, AB RIPPER X | YOGA X | LEGS & BACK, AB RIPPER X | KENPO X | REST OR X STRETCH |
| WK | DAY 36 | DAY 37 | DAY 38 | DAY 39 | DAY 40 | DAY 41 | DAY 42 |
| 6 | CHEST, SHOULDERS & TRICEPTS, AB RIPPER X | PLYOMETRICS | BACK & BICEPS, AB RIPPER X | YOGA X | LEGS & BACK, AB RIPPER X | KENPO X | REST OR X STRETCH |
| WK | DAY 43 | DAY 44 | DAY 45 | DAY 46 | DAY 47 | DAY 48 | DAY 49 |
| 7 | CHEST, SHOULDERS & TRICEPTS, AB RIPPER X | PLYOMETRICS | BACK & BICEPS, AB RIPPER X | YOGA X | LEGS & BACK, AB RIPPER X | KENPO X | REST OR X STRETCH |
| WK | DAY 50 | DAY 51 | DAY 52 | DAY 53 | DAY 54 | DAY 55 | DAY 56 |
| 8 | YOGA X | CORE SYNERGISTICS | KENPO X | X STRETCH | CORE SYNERGISTICS | YOGA X | REST OR X STRETCH RECORD |

PHASE 3

| WK | DAY 57 | DAY 58 | DAY 59 | DAY 60 | DAY 61 | DAY 62 | DAY 63 |
|----|--|----------------------|-------------------------------------|-----------|-----------------------------|---------|---------------------------------------|
| 9 | CHEST & BACK, AB RIPPER X | PLYOMETRICS | SHOULDERS & ARMS, AB RIPPER X | YOGA X | LEGS & BACK, AB RIPPER X | KENPO X | REST OR X STRETCH |
| WK | DAY 64 | DAY 65 | DAY 66 | DAY 67 | DAY 68 | DAY 69 | DAY 70 |
| 10 | CHEST & BACK, AB RIPPER X | PLYOMETRICS | SHOULDERS & ARMS, AB RIPPER X | YOGA X | LEGS & BACK, AB RIPPER X | KENPO X | REST OR X STRETCH |
| WK | DAY 71 | DAY 72 | DAY 73 | DAY 74 | DAY 75 | DAY 76 | DAY 77 |
| 11 | CHEST, SHOULDERS & TRICEPTS, AB RIPPER X | PLYOMETRICS | BACK & BICEPS, AB RIPPER X | YOGA X | LEGS & BACK, AB RIPPER X | KENPO X | REST OR X STRETCH |
| WK | DAY 78 | DAY 79 | DAY 80 | DAY 81 | DAY 82 | DAY 83 | DAY 84 |
| 12 | CHEST, SHOULDERS & TRICEPTS, AB RIPPER X | PLYOMETRICS | BACK & BICEPS, AB RIPPER X | YOGA X | LEGS & BACK, AB RIPPER X | KENPO X | REST OR X STRETCH |
| WK | DAY 85 | DAY 86 | DAY 87 | DAY 88 | DAY 89 | DAY 90 | DAY 91 |
| 13 | YOGA X | CORE SYNERGISTICS | KENPO X | X STRETCH | CORE SYNERGISTICS | YOGA X | REST OR X STRETCH RECORD |

P90x Guide

Garth Davis, Laura Tucker

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

P90x Guide:

Finding Your Own Fountain of Youth: The Essential Guide to Maximizing Health, Wellness, Fitness & Longevity , **Ultimate Guide to Twitter for Business** Ted Prodromou,2013-02-01 Who should you follow How many people should you follow How often should you tweet Most people don t get Twitter Longtime internet guru Ted Prodromou shows you how to become someone who does Set to prove that 140 characters or less and a hashtag can dramatically grow your brand and your business Prodromou takes you step by step into the Twittersverse and shows you how to tweet your way to the top of your industry A Real Guide to Really Getting It Together Once and for All Ashley Rickards,2015-03-31 THIS IS NOT YOUR MOM S GUIDE TO LIFE SOMETIMES BEING A GIRL SUCKS A lot Take it from Ashley Rickards star of the internationally popular MTV show Awkward who used to be a little awkward herself She s been picked on and bullied binged and purged financially cut off and lived to tell the tale But it wasn t easy Throughout the whole process she felt alone scared confused and sorta hungry Sound familiar Well RELAX Ashley is here to share all kinds of stories advice and corny jokes to help get you through it all kind of like the cool big sister you never had or wish your sister was Plus professional experts like spiritual coach Deepak Chopra finance expert Zac Bissonnette and celebrity trainer Lalo Fuentes offer their tricks of the trade and behind the scenes secrets so you ll be well versed in Pretty Much Everything About Everything You ll learn stuff like How to discover your talents and go after what you really want How to eat right and work out for your body type All the skin hair makeup fashion tips you ll ever need to look like a rock star or other kind of star Decorating your room to suit your style and organizing your crap so you re on top of life Tips for making saving and spending money Getting along with your family and friends no drama allowed Most important how to learn to love yourself seriously guys Whatever you need to know A Real Guide to Really Getting It Together Once and for All has it all so that you can discover your true self define your own mold and kick ass along the way The Beginner's Guide to Starting Your Own Business Sam Choo, Are you ready to transform your business dreams into reality Whether you re broke or unsure of where to start this book is your ultimate guide to launching and growing a successful business from the ground up In this practical and actionable guide you ll discover Proven Frameworks Learn how to identify the perfect business idea using the Three Ps Framework Pain Profession and Passion Target Market Mastery Develop a deep understanding of your ideal customers and create compelling offers that resonate with them Unique Mechanisms Differentiate your business with innovative features that set you apart from the competition Customer Acquisition Strategies Implement effective techniques for acquiring your first customers and turning them into loyal advocates Scalability Secrets Explore strategies for scaling your business efficiently leveraging automation and maximizing growth Packed with real world examples case studies and exercises this book provides you with the tools and insights needed to navigate the entrepreneurial journey You ll learn how to handle rejection manage time and resources stay motivated and overcome common obstacles that many entrepreneurs face Whether you re just starting out or looking to take

your existing business to new heights this book offers a step by step roadmap to achieving your goals Reflect on your progress celebrate your milestones and stay committed to your vision with this essential guide Start your journey today and transform your entrepreneurial dreams into reality Guide to Canning and Preserving Food Carol Wilson,2024-11-05 Preserving fruits and vegetables is a great way to turn home grown or local produce into delicious treats that can be enjoyed year round Guide to Preserving Food offers several different preserving methods all with delicious results Jams jellies fruit butters and curds bottled fruits chutneys pickles and salted vegetables are all practical and economical ways to preserve seasonal produce You don t need many kitchen gadgets or equipment to get started just a heavy based pan funnel sugar thermometer and a selection of glass storage jars Ingredient lists popular fruits and vegetables sugars and cooking techniques are all explained along with storage information helpful hints and tips With over 80 recipes Guide to Preserving Food offers essential information for homemade products using fresh produce Author Carol Wilson also includes a small Christmas section to emphasize the popularity of pickled foods for the winter holiday season Recipes include kimchi pink pickled turnips Kashmir spiced pickled onions blackcurrant jam apple and date chutney pickled cucumbers and dill and so much more A Backpacker's Guide to Making Every Ounce Count Steven Lowe,2015-05-19 A Backpacker s Guide to Making Every Ounce Count was written by an avid outdoorsman for those interested in knowing how a Gram Weenie thinks If you are interested in lightening your pack a few ounces at a time this book covers that very subject Steven Lowe discusses how he used to pack for a trip and how he learned from the so called experts After following their advice he ended up with a very heavy pack and soon realized that there had to be a lighter way to backpack A Backpacker s Guide to Making Every Ounce Count offers tips that may allow you to approach your pack from a different point of view like cutting the tags from your clothes and cutting your toothbrush in half all in the name of shaving a few ounces of weight When planning a trip you need to look at your gear and ask questions like How many ounces can I shave from this item This book offers some ideas on how to lighten a few ounces from any pack reduce the weight on your Big Three and help you define just what type of backpacker you are a lightweight or an ultra lightweight backpacker There are sixteen ounces in a pound If you can shave four ounces from four areas in your pack you just shaved one pound from your pack Every ounce truly does count Skyhorse Publishing as well as our Sports Publishing imprint is proud to publish a broad range of books for readers interested in sports books about baseball pro football college football pro and college basketball hockey or soccer we have a book about your sport or your team In addition to books on popular team sports we also publish books for a wide variety of athletes and sports enthusiasts including books on running cycling horseback riding swimming tennis martial arts golf camping hiking aviation boating and so much more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home **A Clinical Guide to the Treatment of the Human Stress Response** George S.

Everly, Jr., Jeffrey M. Lating, 2019-03-05 This comprehensive update of the now classic text applies the most current findings across disciplines to the treatment of pathogenic human stress arousal New and revised chapters bring together the art and science of intervention based in up to date neuroscience starting with an innovative model tracing the stress to disease continuum throughout the systems of the human body The authors detail the spectrum of physiological and psychological treatments for the stress response including cognitive therapy neuromuscular relaxation breathing exercises nutritional interventions and pharmacotherapy They also assess the strengths and limitations of widely used measures of the stress response and consider the value of personality factors cultural considerations and resilience in stress mediation Included in the coverage The anatomy and physiology of the human stress response Advances in neuroscience implications for stress Crisis intervention and psychological first aid Neurophysiological rationale for the use of the relaxation response Physical exercise and the human stress response The pharmacological management of stress reactions Disaster Mental Health Planning Cultural Awareness and Stress The Fourth Edition of *A Clinical Guide to the Treatment of Human Stress Response* offers readers a dual perspective exceedingly useful in examining the origins of the stress response and in preventing and treating the response itself This rich integrative volume will join its predecessors in popularity among practitioners and students across disciplines and specialties

Complete Starter Guide to Making Bread Kathryn Hawkins, 2024-11-05 If you are a seasoned bread maker looking for tasty new bread recipes or baking techniques including how to bake bread in an air fryer or slow cooker or if you are new to breadmaking The Complete Starter Guide to Making Bread is for you With more than 35 years of experience as a recipe and food writer author Kathryn Hawkins understands the importance of providing clear concise and easy to follow instructions for creating the perfect loaf of bread Chapters include the history of bread and breadmaking essential ingredients and breadmaking techniques including kneading proofing knocking back shaping baking cooling slicing and storing The more than 25 sweet and savory recipes include the classic tin baked white loaf Irish soda bread Babka cinnamon rolls wholewheat loaf focaccia Bao buns cornbread and a variety of gluten free and vegan versions

The Boarding School Survival Guide Justin Ross Muchnick, 2014-06-10 Attending boarding school is a serious commitment in many realms whether emotional financial academic or otherwise With that in mind it is important to understand what boarding school is all about This valuable resource is full of insights from students who attend or recently graduated from a boarding school The Boarding School Survival Guide provides a variety of perspectives that help both prospective students and parents decide if boarding school is the right choice for them and assists current students in navigating the twists and turns of school away from home Written by students for students in a fun easy to read manner with essential up to date information An honest and insightful look at life at today's boarding schools Anecdotal testimonies from current boarding school students and those who've recently graduated Helpful tips and strategies for students who are considering applying to boarding schools or are getting ready to attend one

The Youth Sports Coaching Guide Doug

MacGregor,2020-08-04 The Youth Sports Coaching Guide contains the advice every coach wishes they had been given when they first started Written by a father of four with coaching experience spanning three decades the book reads like a down to earth conversation with someone who has been in the youth sports coaching trenches The book covers every aspect of navigating the twenty first century youth sports coaching arena The book travels from the logistics of team selection and practice itineraries to the interpersonal complexities of working with players parents other coaches and officials The book challenges coaches to look at their own motivations and relationships and to have awareness of their actions and words The Youth Sports Coaching Guide is divided into six sections Coaching Essentials Eight guiding principles every coach needs to know to lead a team with integrity hard work and fun Building the Team Strategies and tips for choosing assistants drafting players running tryouts the hard decisions of selecting players and the tough discussions that follow Practices Designing and running practices with an emphasis on how to teach and speak to children Parents Communication advice from the mundane to the ultra sensitive Includes a special section for coaches for when youth sports goes off the rails of the Crazy Train Games Real life examples on how to prepare for games and to coach in the heat of the moment win or lose Wrapping up the Season Describes different ways to cap off the season on a positive and fun note Whether you are a new coach or someone who has been at it for years The Youth Sports Coaching Guide is sure to inspire and drive you to have a more positive experience coaching the kids

Food Study Guide Dr. Mark Hyman,Dee Eastman,2015-08-04 In this four session video based Bible study DVD digital video sold separately The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the second essential of The Daniel Plan Food The sessions include Learning to Live Abundantly Jumpstart Your Health Cravings Comfort Food and Choices Designing Your Eating Life Each session will highlight testimony from those who have incorporated The Daniel Plan into their everyday lifestyle plus tips on getting started and medically based information on maintaining a healthy lifestyle by following The Daniel Plan Each of the other DVD Study Guides will focus on another essential Faith Fitness Focus and Friends Designed for use with the Food Video Study sold separately

Pocket Guide to Knots Lindsey Philpott,2019-10-01 Knots can be used for a variety of applications and knowing which one to tie and how to tie it correctly is an invaluable skill for anyone involved in sailing climbing or other outdoor activities Pocket Guide to Knots provides comprehensive instructions for tying more than 100 popular knots commonly used in climbing hiking boating camping and fishing An introductory section outlines the basics of rope construction the many different types of ropes and cordage as well as their maintenance and care and also delves into the interesting history of knots and knot tying The chapters are arranged by family for easy identification each knot featuring detailed tying instructions and step by step photography in full colour as well as tips and lore important advice on strength and security and a quick reference system that indicates suitable applications

The Mental Health Survival Guide Brian D. Satterfield,2017-12 This projects a memoir of Brian s severe struggles covering his denial insight acceptance of PTSD Anxiety

Panic Chronic Pain Insomnia OCD tendencies and addictive tendencies All stemming from his horrific childhood trauma and a high ACE score Brian outlines how he learned to positively cope with chronic multi mental health diagnosis and a few misdiagnosis Enclosed are documented skills tools and tips he developed as a weekly action plan to heal to deal with life long trauma 1st edition released in May 2015 retired November 2017 2nd edition released in December 2017 [Home Workout](#)

for Beginners: The Ultimate Home Workout Training Guide (How Your Home Workout Plan Can Improve Your Social Skills)

Patrick Dubin,2021-12-23 This is a book about a series of workouts you can do at home to help you maintain your health weight posture and your body in great shape But most importantly i believe sport is great for your mind as it keeps you motivated inspires you and helps you keep a positive mindset because in a world that s constantly changing positivity is the most important asset you can have This is the ultimate blueprint for those who want to Start a powerful home workout routine on a minimum budget Create a tailor made home workout routine that s easy for them to follow Boost their physical and mental health from their own home Increase their confidence and self esteem with the power of a foolproof home workout plan Start a diet plan that actually works for them Stay motivated in their journey to achieve maximum body and mind fitness Improve their relationships and social life Do you dream of always being in good shape Do you think it is possible Do you regularly swim or ride a bike I guess you wake up early every morning to go jogging through the neighborhood Or do you simply go hiking every breezy evening You probably do form of exercise After all only exercise can help you stay in a good shape and enjoy good health *Guide To Improving Speed During Your Workout* Ari

Meisel,2012-02-24 ABOUT THE BOOK If you are interested in increasing your speed then it is safe to assume that you are already working out or training for something so congratulations to you If you haven t started on the path to wellness then let this guide be an inspiration I will show you how you can increase your speed through optimized efforts We are creatures of progress We ve evolved over eons by constantly striving to do better Progress begets progress by motivating us complete more milestones reach our goals and set our sights on bigger and better things If your goal is to run a faster marathon complete a triathlon before your legs give out or cross the finish line of a Tough Mudder with people younger than you rather than with people twice your age you ve come to the right place MEET THE AUTHOR In 2006 Ari was diagnosed with Crohn s disease Crohn s is an incurable disease of the digestive tract Ari s case was severe and required over a dozen daily medications and several hospital visits After reaching a personal low point in hospital Ari decided he would do everything in his power to strengthen his by then weak body Through a combination of yoga nutrition natural supplements and rigorous exercise Triathlon and Crossfit he was able to fight back the symptoms of Crohn s until he was finally able to suspend his medication Eventually Ari was declared free of all traces of the incurable disease and competed in Ironman France in June of 2011 Ari has since spoken at seminars and at a regional TED Talk about his struggle against a seemingly insurmountable opponent Through the process of data collection self tracking and analysis Ari helped develop Less Doing This was a way of

dealing with the daily stresses of life by optimizing automating and outsourcing all of his tasks in life and business Now he focuses on Achievement Architecture helping individuals be more effective at everything EXCERPT FROM THE BOOK There are no hard rules when it comes to doing a Fartlek but a great example is running You can simply go out for a nice jog and every so often throw in an all out sprint for a short period of time If you are running in a city jog for 5 blocks then sprint for 1 and then return to a jogging pace This also applies to sports like hockey where you are moving around waiting to attack the puck and even race car driving where you get to relax on the straightaways and then you need to pool all of your resources to make sure you get through that hair pin turn unscathed Fartleks offer a unique opportunity for your cardiovascular system to learn to recover during activity If your body gets tricked into thinking that 6 minute mile pace is rest simply because you aren't sprinting at a 4 minute mile pace you start to set the bar higher and higher and as soon as you come off that sprint even though you are still moving your heart rate and respiration rate will start to decline There's also a fascinating evolutionary component to this kind of training Researchers believe that Persistence Hunting was the first form of hunting accomplished by human beings Before we had weapons it was possible for humans to catch their prey through running and determination Buy a copy to keep reading

A Brutally Honest Guide to Sur-Thriving Generation Now Gregory P. LaMonaca, 2019-02-26 Gregory P LaMonaca founder of LaMonaca Law a full service Family law firm on the Main Line in Suburban Philadelphia created the Brutally Honest system The system first introduced in The Brutally Honest Life Management Journal and followed up with The Pennsylvania Divorce Custody Financial Survival Guide confronts the considerable differences between family law matters and other areas of the law Unlike other standard consultations Brutally Honest consultations help clients confront their emotions fears addictions and conditions they may have bottled up for some time The system fosters trust and respect and the results are transformative In this latest installment to the Brutally Honest library LaMonaca sets his sights beyond family law clients to share a vision for how we all can create better versions of ourselves Drawing on lessons from his own life he shares how to thrive in a fast paced complex world sharing tips on everything from family friends health fitness finances investing business career personal growth emotional intelligence and raising financially literate children Get a roadmap to success to provide yourself and family with a compelling future with A Brutally Honest Guide to Sur-Thriving Generation Now

Training Guide for Climbers Rob Miller, 2023-08-28 Training Guide for Climbers Platinum Principles for Success cuts through the myths and misconceptions embedded in today's climbing culture to help you develop and navigate a targeted training program for improving your route climbing or bouldering performance The author provides climbing theories clear illustrations and sample schedules to help readers reach their loftiest climbing goals

Diet and Bodyweight Training Fundamentals for Men and Women Daisy Edzel, 2018-05-12 Have you ever felt unattractive like your body is not your friend Maybe you know that you look good and that your physical attributes are fine But wouldn't it be better to feel more than fine about your body In short don't you think it is about time for

you to get into your best shape and give yourself the chance to feel fit healthy and happy at the same time Well that can happen NOW LEARN ABOUT THE RIGHT WAYS TO STAY IN SHAPE You see there are so many supplements and products in the market that promise to give you your best body in no time But more often than not those promises just turn out to be broken and in the long run you ll just find yourself wishing you did not believe them in the first place This book won t give you any unnecessary promises but rather would help you understand that you have it in you to change the course of your life and your body With the help of this book you d learn all about weight training what it is how it can turn things around for your body and what kind of systems you can try so you could get into your best shape BUT I AM NOT STRONG ENOUGH I know You may feel like Weight Training is such a strong word but as you come to read this book you will realize that with enough power and commitment it is so possible to follow various weight training systems such as HIIT or High Intensity Interval Training Kinobody Crossfit P90x and others You ll understand what each of these systems mean and by doing so you would be able to choose the system that you feel would work best for you based on your body type the activities you re used to doing and how you think these systems would fit right into your schedule Lots to look forward to But of course getting in shape does not just end with choosing a good weight training system It always has to be a holistic process so you d know that what you re doing would actually work not just at the present moment but more so in the long run By reading this book you would also learn about The Ketogenic Diet and why it works best with weight training Intermittent Fasting more popularly known as IF How to count calories and measure your own levels of body fats Paleo Atkins and other types of diets you could try and so much more You will then realize that while weight training is not one of those miracle cures that promise to give you a healthy body in just a day or so it is in fact so much better It all starts with YOU It is never too early to start taking care of your body more so doing it the right way Why subject yourself to processes that you re not even sure are healthy and legal If you really want to get in shape and be the best version of you that you can be then it is just the right time to start It is up to you to decide how you d want to honor your body You see not only will you be able to learn about weight training while reading this book but you ll also understand how food works to make this all possible By learning so you would no longer be doing things that would impact your body negatively and you can finally start treating your body as your friend Read this book now achieve your fitness goals and take care of your health all at the same time DOWNLOAD THIS BOOK TODAY

The 30 Day Guide To Paleo Cooking Bill Staley,2013-06-11 It can be pretty overwhelming to make a significant lifestyle change For most people who take on the Paleo diet their biggest concern is the question of What will I eat Even when you understand which foods you can enjoy and which foods you should avoid the task of actually planning shopping for and cooking your meals can still be very confronting To streamline this aspect of committing to eating Paleo Bill and Hayley have created The 30 Day Guide to Paleo Cooking In this book Bill and Hayley guide you step by step through your first month of following the Paleo diet They cover everything you need to know to have a basic understanding of why this way of eating is

perfect for optimal health We are all designed to be fit healthy and happy people and following the Paleo diet is a solid foundation for a happy healthy life For your first 30 days of eating Paleo this book includes a complete meal plan broken down week by week In each week they provide a detailed schedule of the meals to make shopping lists that go along with the meal plan and recommended reading to expand your knowledge of this lifestyle beyond the basics *The Expert's Guide to Weight-Loss Surgery* Garth Davis, Laura Tucker, 2008-12-26 An indispensable guide to weight loss surgery written by a leading bariatric surgeon Today an estimated 44 million Americans suffer from obesity For one in five Americans diet and exercise simply don't work Luckily weight loss surgeries offer a realistic solution that can help people overcome genetics and work toward drastic life altering weight loss As the cofounder of an obesity clinic at Houston's Methodist Hospital Dr Garth Davis has helped hundreds of patients manage the emotional and physical effects of being more than a hundred pounds overweight His successful program was featured on the hit TLC show Big Medicine In this essential handbook Dr Davis delivers the expert advice that his patients use to overcome issues surrounding their obesity help shed the weight and regain a healthy body With anecdotes from real life patients and a complete diet and exercise plan that ensures long term success Dr Davis shows how anyone can achieve a healthy weight through surgery *The Expert's Guide to Weight Loss Surgery* is required reading for anyone seeking a permanent obesity cure

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