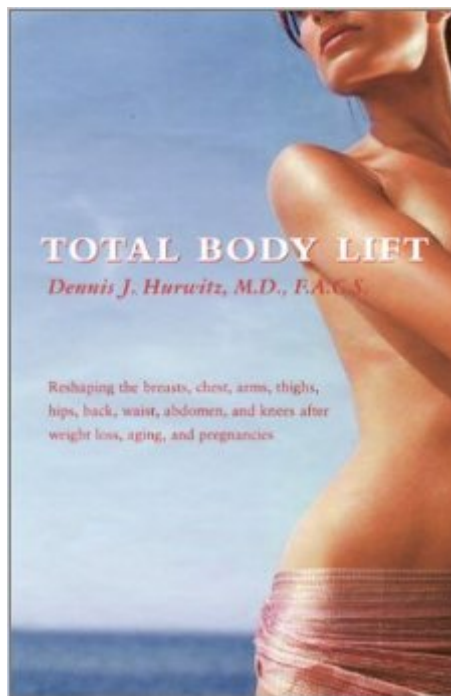


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# Total Body Lift: Reshaping The Breasts, Chest, Arms, Thighs, Hips, Back, Waist, Abdomen, And Knees After Weight Loss, (n/a Series)



## Synopsis

Total Body Lift is the first definitive guide to weight loss surgery and the body contouring techniques that have been developed by Dr. Dennis Hurwitz, one of the recognized international leaders in this specialty. Made famous by stars like Al Roker, American Idol judge Randy Jackson, Sharon Osbourne and Carrie Wilson, gastric bypass surgery was performed on nearly 141,000 Americans in 2004. Dr. Hurwitz describes an all in one procedure that quickly and safely reshapes the body after weight loss surgery, aging, and/or pregnancy. Case histories and a 32-page photo galley demonstrate how the Total Body Lift procedure starts its patients on a path to a new, more fulfilling life of normalcy and a level of self-esteem they may never have imagined. The author's patients have been profiled on the cover of People Magazine and have been subjects for a one hour documentary on the Discovery Channel. Applicable to men and women, teenagers and adults, seeking to reshape the breasts, chest, arms, thighs, hips, back, waist, abdomen, and knees after weight loss, aging and pregnancy.

## Book Information

Series: n/a series

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #2,391,288 in Books (See Top 100 in Books) #94 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts](#) #10205 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

## Customer Reviews

The TOTAL BODY LIFT by Dr. Dennis Hurwitz is a must read by anyone who is considering having gastric bypass and for those doctors who treat the obese. It not only gives in great detail all the procedures done in the Total Body Lift but also give excellent information on gastric bypass. There are very detailed drawings of the procedures with before and after photo's. I personally have had the Total Body Lift done by Dr. Hurwitz after losing 175 pounds. It is a most amazing transformation.

After being overweight since I was 7 years old and continued to gain after each child, I have never been an average weight. After that extreme weight loss there was a lot of hanging skin, though pleased that I looked better and was the healthiest I have ever been; still I was not happy with how my body looked. After the Total Body Lift, the skin was tight and I had a figure, now fitting into a size 10 jean was just incredible. Dr. Hurwitz is a brilliant surgeon that combines plastic surgery with art. To be able to transform all the hanging skin into a nice looking figure after so many years of obesity is truly amazing. In addition to his skill, his wonderful bedside manner, warm personality and his wonderful staff I feel like I am part of the family. He is truly a unique individual that we (the ex-obese) are so fortunate to have. Thank you Dr. Hurwitz for my amazing transformation.

A must read for anyone considering plastic surgery. Dr. Hurwitz has written a book for those of us wanting and needing comprehensive knowledge of what to expect before, during and after such an extensive, life changing procedure. This book also captures the heart of this surgeon, giving the reader the pleasure of an introduction to, if they're lucky enough, the Doctor who will sculpture their body.....and change their life forever, as Dr. Hurwitz has done for me.

This is a great overview of total body lift surgery. Dr. Hurwitz is a pioneer in this field and the book gives you a complete explanation of what can be done to reshape your body after massive weight loss. The personal case histories and photos are amazing stories in and of themselves. Most importantly, it educates the reader about the key questions you need to ask yourself and your doctor before you go ahead with any procedure described in the book. Highly recommend it!

I misunderstood what the topic of this book was about. This refers to surgery. I believed it to be an exercise program. This is why I rate it with 1 star. I suppose this is valid for someone researching these types of surgery. This book was just not for me.

IF ANYONE CAN RESTORE THE HUMAN FORM AS CLOSE TO GOD CREATED IT IS DR. HURWITZ CAN. HIS DEDICATION TO THIS AREA OF RECONSTRUCTIVE SURGERY IS COMMENDABLE. I AM SO CONVINCED OF HIS EXPERTISE THAT I WILL BE MEETING HIM MYSELF NEXT MONTH. THIS BOOK HAS GIVEN ME HOPE, AND I THANK HIM FOR THIS. THE BOOK WAS CLEAR CUT,EASY TO FOLLOW, EXPLANATION OF THIS PROCEDURE. CASE BY CASE PHOTOS WERE INCLUDED TO SEE HIS WORK IN LIVING COLOR. I RECOMMEND THIS BOOK TO ANYONE CONSIDERING THIS SURGERY.

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Total Body Lift: Reshaping the breasts, chest, arms, thighs, hips, back, waist, abdomen, and knees after weight loss, (n/a series) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Beauty Junkies: In search of the thinnest thighs, perkier breasts, smoothest faces, whitest teeth, and skinniest, most perfect toes in America Injury Rehab with Resistance Bands: Complete Anatomy and Rehabilitation Programs for Back, Neck, Shoulders, Elbows, Hips, Knees, Ankles and More Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1) Indestructible Hips and Knees (The Indestructible Body Book 2) Atlas De Bolsillo De Cortes Anatomicos: Tomografia computarizada y resonancia magnetica. Torax, corazon, abdomen y pelvis/ CT and MRI. Thorax, heart, abdomen and pelvis (Spanish Edition) Al abdomen caudal/ The Abundant Abdomen: Cirugia En La Clinica De Pequenos Animales/ Surgery in the Clinic of Small Animals (Spanish Edition) Cope's Early Diagnosis of the Acute Abdomen (Silen, Early Diagnosis of the Acute Abdomen) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Lower Body Solution: Shrink Your Hips, Thighs, Butt and Belly with This New Exercise Program for Women Only ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) 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: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) 7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push- 7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push-Ups Fix Your Feet: Build the Best Foundation for Healthy, Pain-Free Knees, Hips, and Spine Harvard Medical School The Joint Pain Relief Workout: Healing exercises for your

shoulders, hips, knees, and ankles (Harvard Medical School Special Health Reports)

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