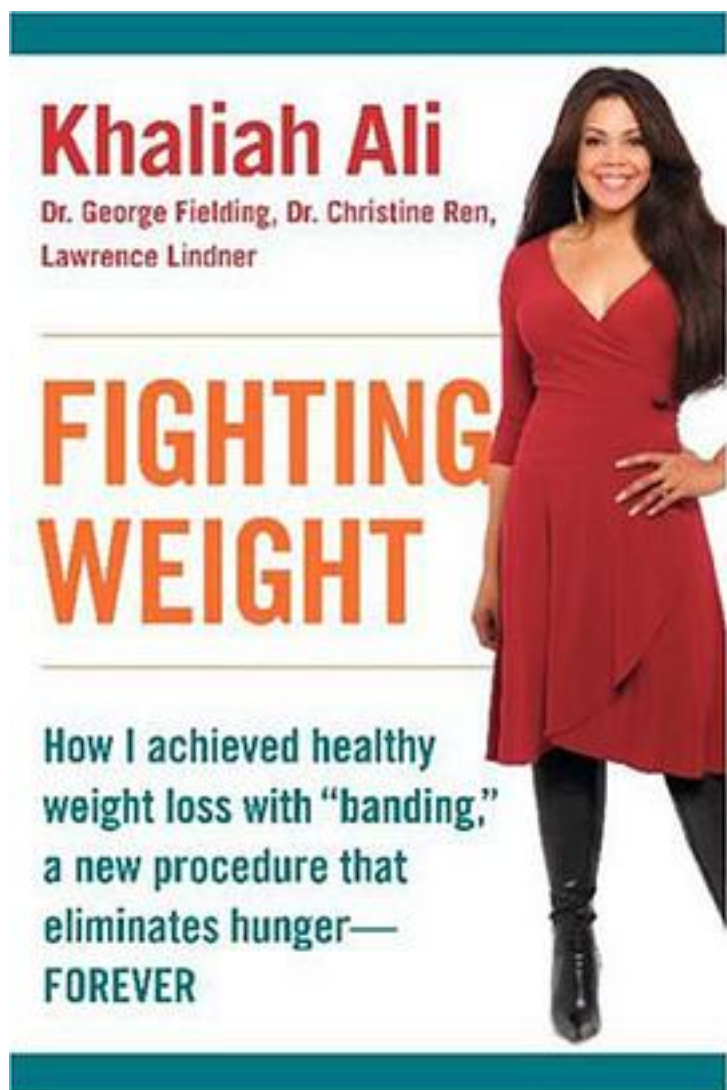


Fighting Weight



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出版者:

出版时间:2008-8

装帧:

isbn:9780061170966

Khaliah Ali, daughter of Muhammad Ali, shares her success at overcoming obesity through banding surgery—a minimally invasive, reversible, and extremely effective choice for drastically overweight people. When Muhammad Ali's daughter Khaliah hit 325 pounds, she didn't need to be told again that she was morbidly obese. A lifetime of dieting, of starving, had not helped. Miserable, depressed, and unable to walk up a flight of stairs without losing her breath, she did not know which way to turn—until a friend pointed her toward a new type of surgery called gastric banding. It is just as effective as gastric bypass but with a fraction of potential complications. With the band placed around her stomach and completely taking away her hunger, Khaliah slimmed down to half her former size. Khaliah wraps her story of weight loss in this memoir of what it was like to grow up the daughter of one of the world's most famous men, and teams up with her surgeons at the New York University Medical Center to detail the lifetime of misery suffered by an obese girl; the ins and outs of the banding operation; and the joy, serenity, and health resulting from a solution that until now had eluded her.

作者介绍:

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