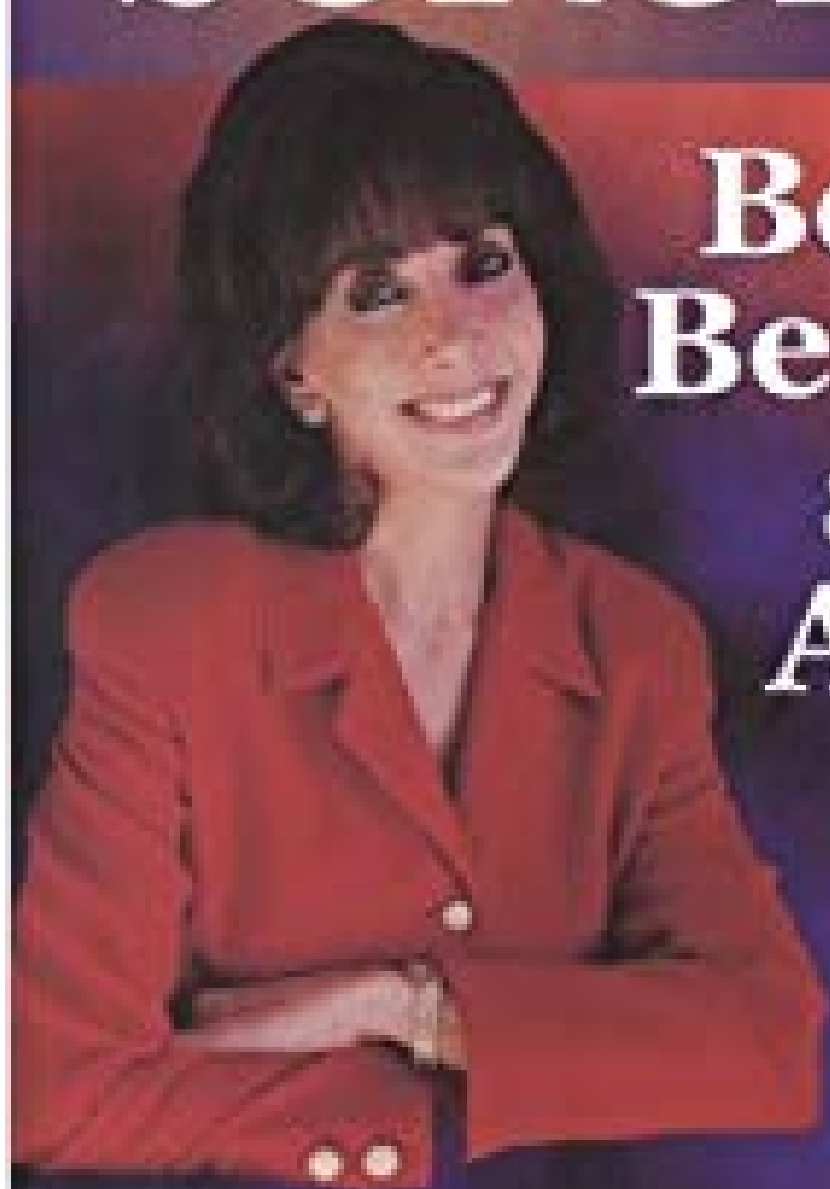


COSMETIC SURGERY



**Before,
Between
and
After**

**Susan Gail's 15 Steps to Get
the Results You Want!**

Susan Gail

Cosmetic Surgery: Before, Between and After



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With humour and rare honesty, Susan Gail explains the whole process of cosmetic surgery in 15 techniques. Susan prospects you safely through the unexpected pitfalls to attain the outcomes you want: determining if plastic surgery is for you; Having been there herself, she retains nothing back so that the reader is fully prepared. choosing the right doctor; defining the right type of surgery; dealing with family and close friends; keeping fit and looking after your skin; Covering all bases from when you can resume your sex existence to those many things you might neglect to think about, Susan has created a real eye opener for anyone contemplating surgery. getting through the healing process comfortably. finding your way through surgery;



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Honest, smart, helpful supportive advise. I had 5 popular books on the facelift-experience.. In doing analysis on some of the psychological hurtles one might encounter before, during and after cosmetic surgery here on Amazon.com, I came across this book by Susan Gail. I received it and examine it in a single day, it had been so interesting and helpful, even though I acquired my cosmetic operation 1.N. I sensed like I was hearing a friend who had gone through a few of the same issues I had, despite the fact that we had different surgery. Susan Gail is normally compassionate, funny, and honest in her method of this subject matter about which few possess written. As a psychotherapist, I'm going to use her reserve in my own Cosmetic Surgery Survivors ORGANIZATIONS beginning in September, 2004 in Del Mar, CA. I extremely recommend this book! Many thanks for writing it, Susan Gail! Don't Even Think about having a face lift without reading this! Susan Gail not merely gives more REAL DETAILS about the doctor-search, the real MECHANICS of the post-op period, and how exactly to REALLY prepare for your downtime. I QUICKLY got THIS BOOK! I'm soooooo pleased I did so. The book was extremely enlightening. It was an easy read (I read the whole book, acquiring notes, in about an hour). I loved the actual fact that she was brave more than enough to include her own photos of the complete procedure. It was the least expensive part of this whole process- and other than the medical procedures itself- the most crucial! I just received my kit today and I am thrilled! In case you are thinking about plastic surgery, this is a MUST read! Desperately Needed a specialist Editor I bought this book because the reviews were so glowing. Great practical information with a feeling of humor! Actually, her style is so "California" it verges on satire, like something a personality from the Steve Martin/Sarah Jessica Parker "L.A. Story" could have written.g. Some negative, some positive- and some obviously NOT for me.). I really do not recommend Poorly written, low quality. photos, and somewhat dated. The cover image should have clued me in to the dated part. Has the right advice, however, not enough to create me recommend it to anyone. Powerful and Helpful What an amazing book! What a powerful tool!We heard Susan Gail speak at a specialist Women's event- and purchased her publication on the spot. I am so pleased that I did! I desire everyone to get the package- you will buy the contents at one point anyway- and the package is normally all inclusive and on hand right from the start.What I learned from Susan's fact packed publication- was how to deal with my own internal questions about Plastic surgery, how to overcome the search for the right doctor- and how exactly to sound like the best patient with intelligent and real questions while considering on who would give me the outcomes I wanted and the greatest care.I felt empowered by the publication- enjoyed the simple and often humorous tales about Susan's encounters, and felt that I was armed with all the help I possibly could possibly obtain from a self-help reserve. I made a list of questions- with the book's suggestions- so when I asked them at the various doctor's offices- I was often amazed by the responses. A specialist editing job would have had the opportunity to cast out the chaff from the wheat and readers could have been spared all of the distracting and self-indulgent flourishes (could it be important to understand how much she loves keeping a *spiral* journal using *rolling ball article writer* pens? I valued Susan's logic, sense of humor, and depth of info that was within her book. It was incredibly easy to read with great practical information regarding plastic surgery along with taking responsibility for your own healing procedure. She actually is FUNNY, honest, and SHE IS EMOTIONALLY HEALTHY! The very best component is that she offers a "Survival Kit" which has EVERYTHING needed to recoup from the surgery. This book has given me details so unique and useful- that I experienced I wanted to talk about my experience with additional readers. I've "studied" as much as possible before making a genuine commitment.So- all in all- I suggest to anyone who would like to look into Plastic surgery, have Plastic surgery- or

return back for repeat Plastic material surgery- to get Susan's very inexpensive reserve and recovery kit- and arm yourself with the facts BEFORE you help to make any committments. Wish you find Susan's are helpful seeing that I did. Gail is extremely honest about expectations, fears and outcomes. A "MUST READ"!! If you are considering cosmetic surgery, be kind to yourself, and purchase this book a must-read to get ready for surgery and recovery I would highly recommend this book to anyone preparing for cosmetic surgery. Not merely is PLASTIC SURGERY, Before, Between and After thoroughly informative, Ms. However, after reading Susan Gail's reserve, I gained many fresh insights. Now, I highly suggest to all my customers that they go through Ms. Gail's book before surgery. Susan Gail's book is full of extremely helpful and thoroughly researched info, including how to find the right surgeon, possible dangers, just what the surgical process entails, and how exactly to be prepared for every part, psychologically and physically, before, during and after surgery treatment. It's goin' WITH me into (or UP to) the operating room! Good luck! She is incredibly brave in chronicling every aspect of her encounter, including photos, from informing close friends and relatives, dealing with their judgment, pre-surgery jitters, post-surgery unhappiness and her final fulfillment with her decisions. After working in the field regular for several years, I felt We knew almost everything there is to know about recovery from cosmetic surgery. Gail's humorous writing style makes her publication an enjoyable, funny read. For anyone contemplating plastic surgery, this book is crucial!!! Paula Weddle, C.5 years ago. A.. It is an instant read and filled up with useful details for what to do both before and following the surgery. Reading it really is like seated for coffee together with your best girlfriend. Many thanks Susan - this was a existence saver to help me through the process. Cosmetic Surgery I simply finished reading PLASTIC SURGERY publication (Before, Between and After). LOVED it!! But I am having a tummy tuck and breast reduction and although the reserve was marketed as deciding on all cosmetic medical procedures it really missed the mark for all other procedures. It was an excellent convenience! I feel even more educated and confident thanks to this book. The information may be valuable, however, the prose is so dense, redundant and sprinkled with new-age philosophy/silliness that I find it hard to slog through. This book was awesome! Another thing- I ordered Susan Gail's Post Surgery package- and found it to end up being one of the best things I've ever purchased view unseen. It had been wonderful and extremely informative. I would definitely recommend this reserve to individuals who are contemplating plastic surgery! Cosmetic Surgery: Before, Between and After Since I was considering plastic surgery during a break in my routine, I purchased several books, some by physicians, in order to make intelligent options about the procedures that I was planning on having. This book, without a doubt, was one of the best of the bunch! It addresses a variety of areas that i found very helpful, such as for example choosing my doctor and finding your way through recovery. The publication helped my organize my thoughts- and really helped me prepare and chart my own Plastic surgery experience. As an associate of the nursing occupation, and as a caregiver focusing on post-cosmetic medical procedures recovery, I highly recommend Susan Gail's book, PLASTIC SURGERY Before, Between and After. I've a Master's level in nursing, and often thoroughly research any subject matter that is essential to me. I must say i liked Susan Gail's composing style - its down to earth and patient-friendly, yet at the same time its step-by-step strategy was a significant help for me to get focused and organized. THIS is the ONLY book you will need! she's PLENTIFUL photos. I am certain that easily was having a facelift that it could have offered some good recommendations (albeit with a smattering of new age mumbo jumbo). I came across it to be totally informative while fun, smart and brutally honest. SHE NEVER FORGETS to remind the reader that. There are several things I have thought of that were not

mentioned in her publication (e. There is the right information in this book and I wish this book had been accepted by a respected publisher. being able to reach up after breast surgery therefore making sure hair shampoo and conditioner are at waist saturated in the shower, how I am going to manage blowdrying my locks when I can't lift my hands above my shoulders, etc). In her own aesthetic business she claims to utilize lots of clients who've had various cosmetic techniques - it really is a shame that she didn't think to ask them because of their ideas on the different procedures to create it useful to people not having a facelift. She actually is an aesthetician and cosmetician who had previously seen and worked on people in every stages of the medical procedures process before getting her own done. Obtaining a facelift? A definite must-have!. Including The Facelift Diaries, one of the most disturbing of the 5. I simply happened to visit a review of this reserve in a local magazine and since I experienced already scheduled my facelift, I hurried home and got it on-line. Lucky me... Of limited use We was disappointed in the reserve. AND. Even when she herself is colliding with unexpected clamaties and mnishaps.. A word of warning. It is the complete assortment of "stuff" you have to recover without going to the store a million moments- driving everyone inside your home nuts looking for products- and actually helped me when I sensed overwhelmed about finding your way through recovery. She is incredibly encouraging in that she has a genuine facility for intuiting how her terms might be affecting the reader and ensuring she keeps you on the positive as opposed to the negative track.. The writer didn't even attempt to take into account the other procedures..San Diego, California RECOMMEND This Book This book is a must read for anybody considering facial cosmetic surgery. IF you decide to go ahead, you WILL be happy you do. I LOVED THIS Reserve. Ms.



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