



**5 Day Pouch Test Express Study Guide: Find your weight loss surgery tool in five focused days.
(LivingAfterWLS Shorts) (Volume 1)**

Kaye Bailey

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5 Day Pouch Test Express Study Guide 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. What'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 it'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.

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