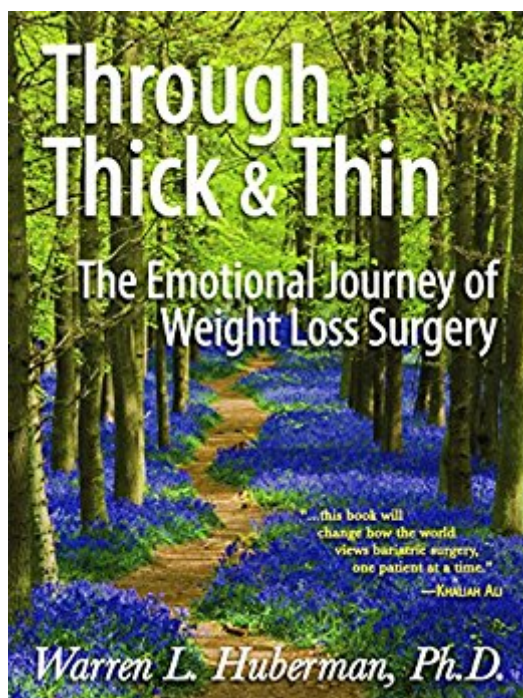


The book was found

Through Thick & Thin: The Emotional Journey Of Weight Loss Surgery



Synopsis

Join Dr. Huberman as he navigates the many complex emotional issues related to weight loss surgery. An authority in the field who has seen thousands of patients, Dr. Huberman takes you on a trip that begins with his own early struggles with weight, and continues through the many issues confronting the bariatric patient before and after surgery. Told with humor and wit in a warm conversational style, *Through Thick & Thin* is the perfect guide for anyone who would like to learn more about weight loss surgery. Weight loss surgery is a revolutionary and powerful tool to help folks lose weight and take control of their lives. However, it's a long journey and there's considerable work to be done beyond the operating room. Those who are most successful recognize that the surgery itself is only the beginning. In fact, many say that losing the weight and making the required dietary and behavioral changes surrounding eating was the easy part. Most people are either unaware of or completely underestimate how remarkable the emotional changes can be following surgery. It's often those emotional changes that enhance or hinder true success from weight loss surgery, and *Through Thick & Thin* was written to help you navigate those changes.

Excerpt from the Introduction...Perhaps you've decided to pick up this book because you're thinking of having weight loss surgery. Maybe you're still on the fence and are browsing this book while standing in the self-help aisle at your bookstore. Maybe you've had weight loss surgery and are struggling, or want to make sure that you don't struggle. Or maybe you want to learn ways that you can help a loved one who's contemplating surgery, or is facing some issues after having had surgery. In all these cases, this book will be helpful to you.

Excerpt from the Prologue...What do I remember from childhood? If you've been wondering about my personal experience with weight, here's a glimpse. It was another beautiful October day: fourth grade lunchtime recess in the schoolyard. My daily torment was about to commence. Dodgeball was truly hell on earth---the twentieth century's equivalent of thumbscrews or being drawn and quartered. But it didn't just destroy my body. It also devastated my mind and spirit. The torture began immediately with the choosing of teams...

Excerpt from Chapter 1...This book was designed to be your road map throughout your weight loss journey, to help you understand where you've been, to clarify where you're going, and to anticipate what things will be like along the way. It is my hope that this book will bring many issues regarding weight loss into better perspective. Ultimately, I trust you'll be able to make an informed and sound decision about whether weight loss surgery is the right choice for you.

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Weight Loss

Customer Reviews

This book is meant for those considering gastric bypass surgery, those with loved ones who are considering surgery and need support, or for clinicians who may deal with patients considering surgery. The book focuses mostly on things to consider about weight loss in general and also about the surgery path. It prepares the reader for issues that they will face before/during/after, what will change and what won't, and how to decide if one is ready to pursue this option or not. I haven't finished the book completely yet, but it does seem rather pro-surgery .. so if you're looking for encouragement while giving you a reality check, this is a good book. If you're looking for something to talk you out of this idea, this probably isn't the right book for you.

I was really struggling with my lapband & by reading this book has helped me so much. Such great information and a easy read.

This book is good if you do not undergo counseling as part of your bariatric program, pretty spot on

about some of the feelings and attitudes toward obese people.

Dr Huberman's guide is great for everyone who has any sort of weight issue - including those on a non-surgical path.

Great resource book for families of patients!

I thought this was a good book, but it didn't really talk about how to overcome emotional eating, which is REALLY the hard part of keeping weight off. A good resource, though. All the doctors' books and doctors say, "These surgeries only give you the tools to lose weight. You have to make a commitment to a healthy lifestyle, with or without undergoing WLS." If I hear that one more time.....honestly! Let's talk about changing our emotional relationship with food. This book doesn't really do that in depth. This is ONE great resource. "It ain't over 'til the thin lady sings" is another, by Michelle Ritchie.

this is a great book! so well written and in spots quite humorous. The author tells us about the weight loss journey in plain easy to understand terms. It is a must for anyone who has gone through the weight loss process. I highly recommend this book. It has helped me alot.

This was a great read and really helped understand the emotional side of going through the surgery. Concise and helpful insight by an obvious expert in the field. Thanks!

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