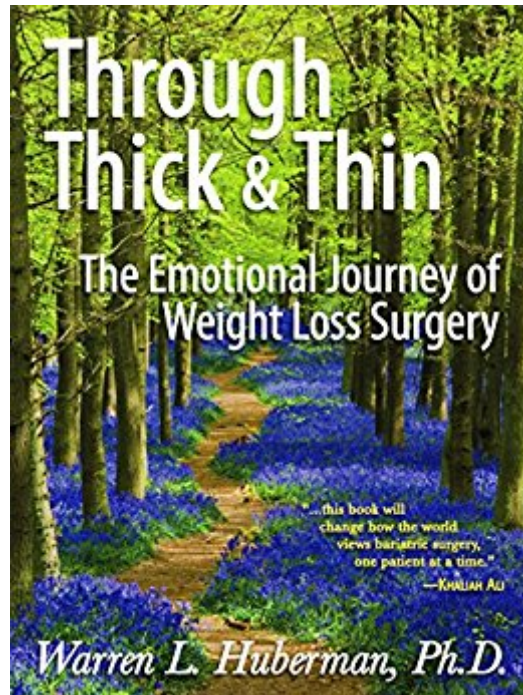


The book was found

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.

Excerpts copyright (c) 2015 by Graphite Press. All rights reserved.

Book Information

File Size: 2766 KB

Print Length: 270 pages

Publisher: Graphite Press (February 1, 2015)

Publication Date: February 1, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00SIMGRAO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #176,136 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18

inÂ Books > Medical Books > Medicine > Internal Medicine > Bariatrics #738 inÂ Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Maintenance

#741 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

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 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!

[Download to continue reading...](#)

Through Thick & Thin: The Emotional Journey of Weight Loss Surgery 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) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery 4) Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) 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) 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) 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) Hair Loss Prevention: #1 Hair Loss Prevention And

Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide

[Dmca](#)