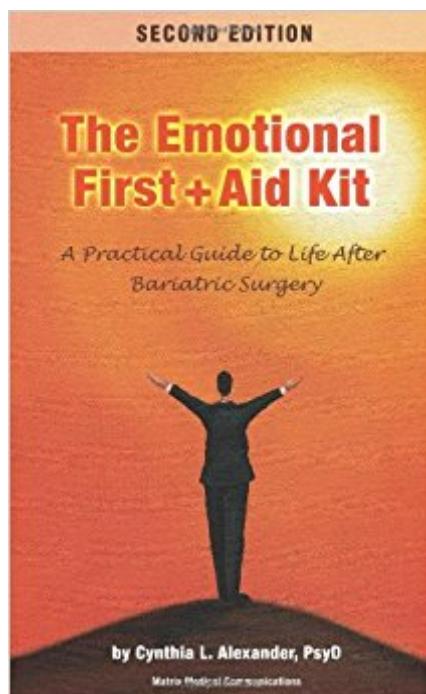


The book was found

The Emotional First + Aid Kit: A Practical Guide To Life After Bariatric Surgery, Second Edition



Synopsis

A "must read" before weight loss surgery...A life-long resource after weight loss surgery The second edition of this book (244 pages, paperback) is written for anyone who wants to change his or her life through bariatric weight loss surgery. Learn realistic and practical strategies for dealing with emotional difficulties encountered before and after your weight loss surgery-strategies that help you: ? Relieve stress without using food ? Modify unhealthy behavior ? Overcome hurdles to establishing a consistent exercise program ? Deal with negative reactions by friends, family, and spouse to your weight loss ? Prevent relapse...and more. These psychological tricks of the trade will help you make your weight loss journey a successful one.

Book Information

Paperback: 244 pages

Publisher: Matrix Medical Communications; 2 edition (July 15, 2009)

Language: English

ISBN-10: 0976852659

ISBN-13: 978-0976852650

Product Dimensions: 0.5 x 4.2 x 7.2 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 164 customer reviews

Best Sellers Rank: #35,546 in Books (See Top 100 in Books) #2 in Books > Medical Books > Medicine > Internal Medicine > Bariatrics #36 in Books > Medical Books > Medicine > Surgery > General Surgery #299 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

A "must read" before weight loss surgery...A life-long resource after weight loss surgery The second edition of this book (244 pages, paperback) is written for anyone who wants to change his or her life through bariatric weight loss surgery. Learn realistic and practical strategies for dealing with emotional difficulties encountered before and after your weight loss surgery-strategies that help you: ? Relieve stress without using food ? Modify unhealthy behavior ? Overcome hurdles to establishing a consistent exercise program ? Deal with negative reactions by friends, family, and spouse to your weight loss ? Prevent relapse...and more. These psychological tricks of the trade will help you make your weight loss journey a successful one.

This is an excellent book with great ideas and mental exercises and advice based on recent

research. Highly recommend!! My surgeon includes it on a list of books for his patients.

I bought this thinking it might help me as I explored possible weight loss surgery. Try as I might, multiple times, I just could not get into this book. Maybe the time was not right for me, I don't know. I ended up doing research online and talking to people online who helped me make my decision and gave me the insight I needed. While this was not a book for me I can see that it might be perfect for some, I think something like this is a very personal thing.

So much useful information.

I recommended this book in my book, "Fat Genes to Skinny Jeans", because it is packed with strategies for dealing with emotional difficulties before and after bariatric surgery. It will help you with modifying unhealthy behavior around food, dealing with relationship issues, preventing relapses, and much more. *Fat Genes to Skinny Jeans: How I lost 230 lbs in weight, found fitness and saved my life*

This is written so the reader can reflect on concepts and apply them as well. Really well done, I'm sure I'll be more successful having read this - busts a lot of myths and recommends things to watch for. I will revisit this book often!

Very informative and helpful.

A very informative book for anyone who is thinking of having bariatric surgery or who has had it. I wish I had heard of it before I began the process leading to surgery. It is very interesting and answers so many questions, ones I haven't thought to ask. I am looking forward to having my surgery soon.

If you are novis in the psychological world or self help prob good but if you have any experience in this area there isn't much new information here.

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

The Emotional First + Aid Kit: A Practical Guide to Life After Bariatric Surgery, Second Edition
Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric ... Bypass Cookbook, Gastric

Sleeve Book 1) Bariatric Cookbook: Delicious Recipes for Your Gastric Sleeve Recovery (Gastric Sleeve Cookbook, Bariatric Cookbook, Bariatric Surgery, Gastric Bypass Cookbook, Gastric Sleeve Book 2) Emotional Intelligence: Why You're Smarter But They Are More Successful(Emotional intelligence leadership,Emotional Quotient,emotional intelligence depression,emotional intelligence workbook) The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery) (Volume 4) The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery 4) Gastric Sleeve Cookbook: Delicious Recipes to Recover Yourself After Bariatric Weight Loss Surgery (Gastric Sleeve Cookbook, Bariatric Cookbook, ... Bypass Cookbook, Gastric Sleeve) (Volume 1) 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) First Aid for the Surgery Clerkship, Third Edition (First Aid Series) Bariatric Cookbook: BREAKFAST to LUNCH bundle â€“ 3 Manuscripts in 1 â€“ 120+ Delicious Bariatric-friendly Low-Carb, Low-Sugar, Low-Fat, High Protein ... Recipes for Post Weight Loss Surgery Diet Bariatric Cookbook: Breakfast and Lunch bundle â€“ 3 Manuscripts in 1 â€“ 120+ Delicious Bariatric-friendly Breakfast, Brunch, Lunch and Snack Recipes for Post Weight Loss Surgery Diet Gastric Sleeve Cookbook: PRESSURE COOKER â€“ 40+ Bariatric-Friendly Pressure Cooker Chicken, Beef, Pork, Fish and Seafood Recipes for Post-Weight Loss Surgery ... (Effortless Bariatric Cookbook Series 7) Bariatric Cookbook: Lunch and Dinner bundle â€“ 3 Manuscripts in 1 â€“ 140+ Delicious Bariatric-friendly Low-Carb, Low-Sugar, Low-Fat, High Protein Lunch and Dinner Recipes for Post Weight Loss Surgery First Aid for the COMLEX, Second Edition (First Aid Series) First Aid for the Family Medicine Boards, Second Edition (1st Aid for the Family Medicine Boards) First Aid for the Psychiatry Clerkship, Fourth Edition (First Aid Series) First Aid for the USMLE Step 2 CK, Ninth Edition (First Aid USMLE) ACEP First Aid Manual, 5th Edition (Dk First Aid Manual) First Aid for the USMLE Step 3, Fourth Edition (First Aid USMLE) First Aid Q&A for the USMLE Step 1, Third Edition (First Aid Usmle)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)