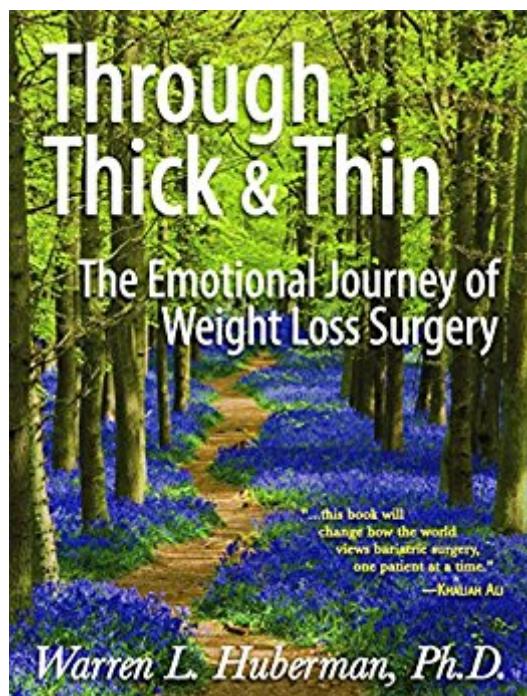


The book was found

# 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: Digital Services LLC

Language: English

ASIN: B00SIMGRAO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #391,192 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #51  
in Books > Medical Books > Medicine > Internal Medicine > Bariatrics #1435 in Kindle Store >  
Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Maintenance  
#1436 in 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 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 a lot.

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: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) 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) Emotional Intelligence: Why You're Smarter But They Are More Successful(Emotional intelligence leadership,Emotional Quotient,emotional intelligence depression,emotional intelligence workbook) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss 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) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) 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 Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Weight Loss Surgery Cookbook: RECOVERY Bundle - 2 Manuscripts in 1 - a total of 90+ Delicious Low-Carb, Low-Sugar, Low-Fat, High Protein recipes for all stages of recovery After Weight Loss Surgery Weight Loss Surgery Cookbook: MORNING MEALS bundle â€“ 2 Manuscripts in 1 â€“ 80+ Delicious Bariatric-friendly Breakfast, Brunch and Snack Recipes for Post Weight Loss Surgery Diet Weight Loss Surgery Cookbook : QUICK MEALS bundle â€“ 2 Manuscripts in 1 â€“ 80+ Delicious Bariatric-friendly Quick Lunch and Dinner Recipes for Post Weight Loss Surgery Diet Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) 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) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Lose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) 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 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)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)