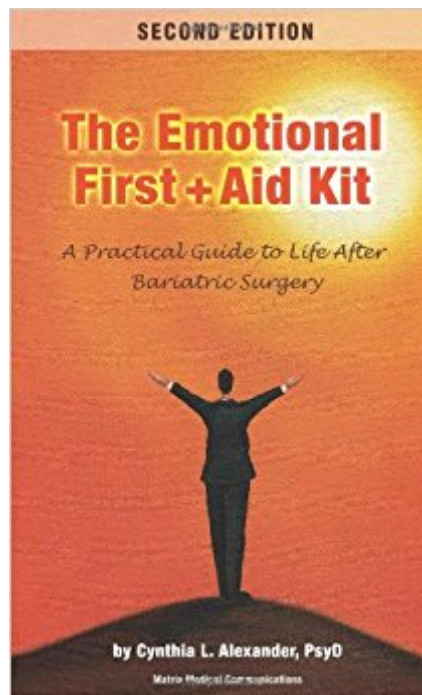




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The Emotional First + Aid Kit: A Practical Guide To Life After Bariatric Surgery, Second Edition



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

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Customer Reviews

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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 barbaric 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.

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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

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