



The Weight Loss Surgery Workbook: Deciding on Bariatric Surgery, Preparing for the Procedure, and Changing Habits for Post-Surgery Suc (New Harbinger Self-Help Workbook)

Doreen A. Samelson

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Develop Your Personal Plan for Weight Loss Surgery Success

How do you imagine life after weight loss surgery? Maybe you see yourself living a more exciting life than ever before, participating in activities you haven't enjoyed in years. If you have been stuck in an ongoing struggle with obesity, your dreams for life after bariatric surgery may be as simple as being able to sit in a seat at a movie theater or going for a walk outside. Chances are, along with those dreams, you also have lingering questions and concerns about the bariatric surgery process. If you're seeking honest answers, **The Weight Loss Surgery Workbook** can help.

This workbook will be your guide every step of the way as you prepare to make a smooth transition into post-surgery life. Written by a medical psychologist who has counseled many clients through weight loss surgery, it offers skills from cognitive behavioral therapy to help you make the critical pre-surgery lifestyle changes and adjustments to your eating and exercise habits that will enable you to maintain the best results after the procedure.

This workbook will help you:

- Make the decision whether or not to undergo bariatric surgery
- Choose the right kind of surgery for you
- Find a qualified surgeon and dietician
- Control problem eating and emotional eating
- Make peace with your body after surgery

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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Marco Roy:

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