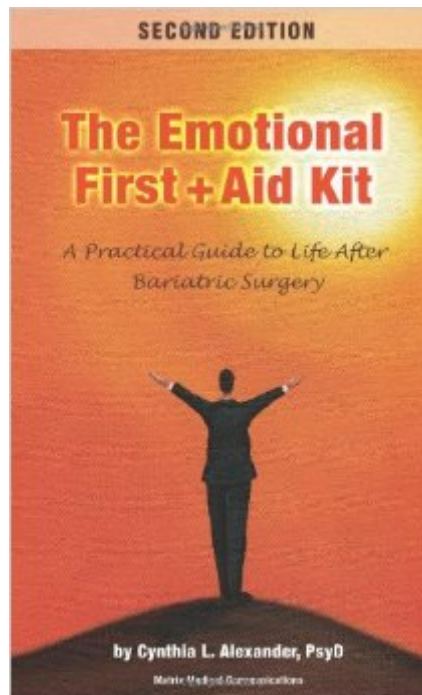


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# The Emotional First + Aid Kit: A Practical Guide To Life After Bariatric Surgery, Second Edition



## Synopsis

Written by Cynthia L. Alexander, PsyD The second edition of this book 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. ABOUT THE AUTHOR Dr. Alexander is a psychologist with the Cleveland Clinic Florida in Weston and the 17th Circuit Court of Florida. --This text refers to the Kindle Edition edition.

## 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: 4.5 out of 5 stars Â Â See all reviews Â (137 customer reviews)

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## Customer Reviews

Over the last year I've purchased many of the more popular books on weight loss surgery. Many are quite good. This book in particular is superb and I would argue the most important of all for long term success. It gives a non-sugar-coated view of the challenges that lie not just beyond the surgery, but where the rubber really meets the road: a year or two or after the surgery. That is when the real work seems to start, and ultimate success or failure is decided. Those that think that gastric bypass is an easy-out or 100% reliable solution will find this information illuminating. The book presents a consistent and realistic portrayal of where the secrets to long-term success lies. There is no magic bullet. This is a lot of work, and it requires one to be on guard for those nasty food habits we've learned. Emotional eating, food-centric social situations, loss of motivation (especially with exercise) and a host of other challenges will always be lurking in the chronically obese person's life.

This book offers some simple guidelines for managing those challenges, and advice on when to look for help from others. I recommend that every person either contemplating this surgery or anyone who has already had the surgery consider this book.

this book is an invaluable reference to me. i had rny just under two years ago and this is the first book that put everything into perspective in an intelligent, thought provoking soundbyte format. i can pick up this book and easily read just a page/point easily. also, many of the tips and mind negotiating tactics/realities could work with others not related to weight loss surgeries. some of the other bariatric books are merely personal accounts or glossed over tidbits, but this helps you deal with the actual mental battles you have to struggle with on a day to day basis as an obese person considering surgery or formerly obese individual. the surgery is a tool, all the mental deamons are the same, and this books helps acknowledge them and teach you how to put them into place.

I am a Bariatric Coordinator at a medical center in Nebraska. I have many books on bariatric surgery related to care and experience of the patient through all phases of surgery and aftercare. This by far is the best book I have found. It is very forthright and practical! I have members of my support group reviewing several copies that I ordered. We are strongly considering using this book for discussion at some of our support group meetings in 2009. I would encourage you to get this book because it really gives you a common sense approach to bariatric surgery as a patient. Thanks.

The Emotional First Aid Kit: A Practical Guide to Life After Bariatric Surgery I am absolutely thrilled with this book. I had bariatric surgery nearly two years ago and recently found myself falling into some of my old habits. When I located this book, I thought it might not help, but couldn't hurt. This book is jam-packed with relevant information for before and after surgery. Some chapter titles are: Stress Relief and Comfort Without Food; Beginning a Consistent Exercise Program; Behavior Modification; and Weight Maintenance. The chapters have lists of tips and some have an activity that helps to see where I am going wrong. This is the best book regarding bariatric surgery that I have read, and I have bought and read many!

I really like this book. The author does not get wordy about the why and whatevers of how you came to be overweight. She just gives some straightforward and practical advice on how to deal with bariatric surgery and weightloss. Some people may not like it for that very reason. I use the book on

a regular basis along with two other weightloss books to help me deal with keeping myself motivated to exercise and stay on my eating plan. I highly recommend this book to anyone considering the surgery. It is not easy and the fight is lifelong when it comes to dealing with food addiction and the problems that accompany it. This book helps me with that.

I only wish I had this book prior to my surgery. It would have been a great help. That said, I do highly recommend anyone considering WLS to pick this book up. Anyone in general wanting to turn over a new leaf and taking control of their weight should also read this book. It was great in helping me understand what triggered my eating and how to avoid making the same mistakes post-surgery that I had been making pre-surgery. The text is easy to follow, makes sense, and isn't sugar coated in that patronizing way someone who has never had a weight problem uses when talking to the weight challenged. Definitely worth the price.

I was disappointed with this little book. Treatment of a really important component of weight loss surgery, your emotions, was superficial. I felt it smacked of someone who had no personal experience of being overweight - I could be wrong. And while it's not essential that the author have had direct experience of being overweight, I just got the sense that the author didn't have a realistic view of what is required to overcome the emotional baggage that someone who has got to the point of having weight loss surgery has. This is a light-weight book (no pun intended) that didn't provide me with any realistic useful tips to use on my weight-loss journey. The constraint refers to seek out professional help made the value of the book redundant.

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