



The Emotional First + Aid Kit

*A Practical Guide to Life After
Bariatric Surgery*

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The Emotional First Aid Kit: A Practical Guide to Life After Bariatric Surgery



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The Emotional Initial + Aid Package: A Practical Guide alive After Bariatric Surgery is a book written designed for weight loss medical procedures patients to teach them the psychological tricks of the trade to help with making their weight loss journey successful. A "must browse" for weight loss medical procedures candidates..A life-long source for weight loss medical procedures patients..



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that is by far the best book about them I am four years post op gastric bypass and of the many books I've read, including the books that I had to read prior to surgery, that is by far the very best book on the subject! It is realistic, available to all visitors, and intriguing. This ought to be a requirement of all pre-op individuals so that they understand the realities of what life will be like after surgery (because, contrary to popular belief, surgery doesn't last/work forever! There is absolutely no sugar covering, pun intended, however the surgery does give a leg up and a head start.). I possibly could have stopped there. Consider various other options whenever choosing your research sources ahead of surgery. We have a tendency to beat ourselves up a lot when stuff don't go the way that we were (naively) informed they would. Please, be kind to yourself and buy this reserve! Once you begin reading it, it will be hard to put down and you will have learned so much! Ideal for anyone considering weight loss surgery! This book came recommended by the screening psychiatrist, she said the people who read it do better- it's got real information regarding what to expect and directly confronts the potential struggles with true to life solutions and habit changing ideas. This reserve, without without doubt, is the greatest There is. There are exercises throughout the book to assist you plan and prepare emotionally. It contained many things that my research, blog reading, pinterest boards and ecen QA with doctors hadn't taught me however. Very practical. Great guide I have read several books on the topic of bariatric medical procedures as I plan surgery in my foreseeable future. This is a concise, informative reserve that resolved many topics that the additional books did not. Five Stars accurate explanation and great quality! I also think a lot of post op individuals would benefit from it as well; His ALL OF THE Marks This book covered all of the struggles one will face with bariatric surgery. Practical Guide Loved this book! You have about 18-24 months, top! I appreciated all of the psycho social factors supported with real people's experiences Physically I am good, but I am going through some psychological and ... I had a vertical sleeve gastrectomy on 6/12/17. Physically I am fine, but I am going through some psychological and emotional problems. Of course, this book can be great for those that have already had surgery and so are experiencing challenges. A must read! There are case studies along with statistics, this book isn't just some psych's opinions. I'm so happy I found it, I'm not really scared anymore. Should be required reading for anyone either contemplating or receiving surgery I'm because of have this surgery in per month, and I've been voraciously reading everything I can get my practical to help understand it. I've recommended it to numerous people. Great source for before medical procedures to possess a well rounded and realistic look at of life after medical procedures also to have the equipment prepared to cope with any emotional/psychological problems that are bound to come up. Whether it is immediately after or even years later on issues will come up after weight loss surgery. This book actually helped me to deal with them better. Easy read. It's worth getting! Essential read! such a help on what to expect form this journey Love this book Love this book! I've suggested it to many people This book has been very useful as I prep for my surgery. Best book ever! Excellent book for anyone who will be or has already undergone weight loss surgery. It helped me understand how much of a struggle it'll always be and that I have an enormous responsibility for my achievement. It has practical solutions for everyday problems when it comes to meals triggers or temptations. Also gives excellent advice from pre-surgery to post-surgery lifestyle expectations. I recommend this browse for all my bariatric surgery treatment patients! Practical suggestions and critical information Provided a whole lot of practical details to help in the adjustment to a fresh lifestyle after bariatric surgical procedure. Disappointing Nothing herein that can't be found on any bariatric site or non-professional support group. it appears a lot of post op sufferers get caught up in quantities on the level or the size of their clothes and lose view of the important areas of surgery. I imagine I'll use it as a resource publication after surgery. Most likely the

best-written book on how to handle the emotional side of not only bariatric surgery but weightloss generally! I want I'd had this book many years ago! Three Stars OK book. Nothing at all knew if you ask me but helpful to someone not used to the process Five Stars Great book to continue hand to make reference to to stay on track. I want I had read that one first. So happy I bought this reserve. If your planning on having Bariatric surgery after that buy this reserve and read it before you have your surgery!



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