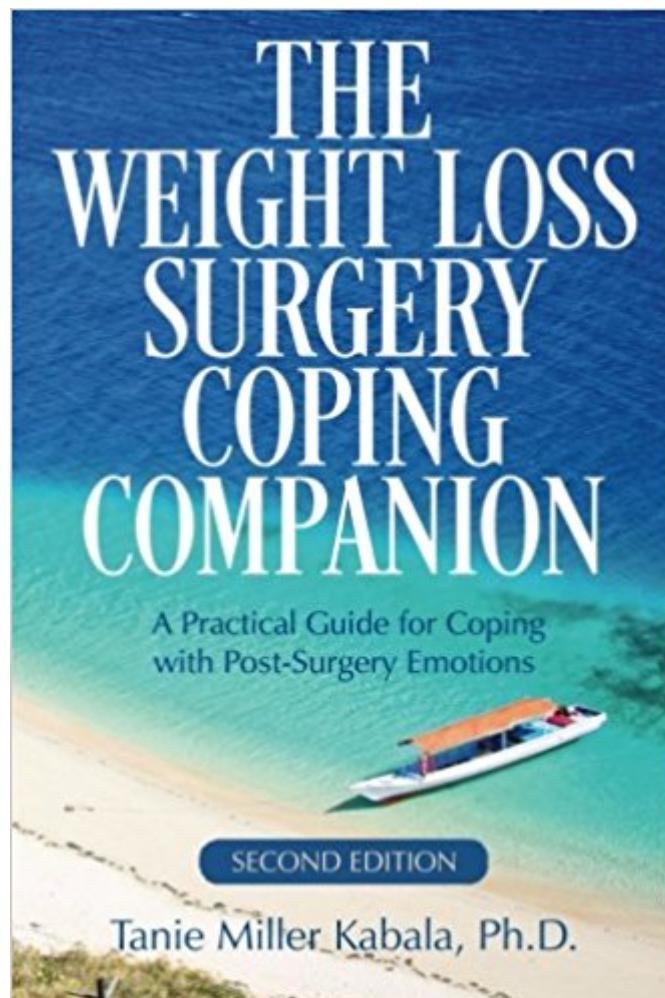




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The Weight Loss Surgery Coping Companion: A Practical Guide For Coping With Post-Surgery Emotions



Synopsis

In *The Weight Loss Surgery Coping Companion*, Dr. Tanie Kabala addresses the emotional side of weight loss surgery. In this self-help book, she assists weight loss surgery patients- many of whom have a long history of using overeating as a coping mechanism- in identifying healthy, new strategies for coping with challenging feelings and emotional eating. With insight and sensitivity, Dr. Kabala leads readers through exercises that help them develop strategies for coping with anxiety, depression, anger, loneliness, identity confusion, and the compulsion to overeat- feelings common to the post-surgery period. Recognizing that emotional eating often leads to re-gain after surgery, Dr. Kabala provides two detailed, mindfulness-based strategies for overcoming emotional eating, The Nourish Technique and the COPE Technique. Packed with quotes from actual patients, this book allows readers to recognize that their challenges are shared by many members of the weight loss surgery community. Readers walk away with a personalized coping guide that can be used not only during the post-surgery period, but also for a lifetime.

Book Information

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Customer Reviews

"As a surgeon specializing in weight loss, I have found that much of my patients' success is attributed to what happens outside the operating room. The importance of lifestyle changes, behavior modification, and mindful eating cannot be understated. Dr. Kabala's book is a recipe for success. We give a copy to all of our patients, and have seen a measurable benefit in those patients who use it- not only in their total weight loss, but in their satisfaction with and longevity of their weight loss." -Marc A. Neff, MD, FACS, Bariatric Surgeon
"I have seen my

weight loss patients have extreme success after reading Dr. Kabala's book, and have found that patients who read it are more apt to comply with necessary changes to make their health journey a safe, successful one. I recommend Dr. Kabala's book to all my patients and will continue to do so!" -Cheri Leahy, RD, RDN, Registered Dietitian

"As a psychologist, I unfortunately see individuals who have endured the challenge of weight loss surgery only to gain the weight back, often because they have not addressed the issues and feelings that caused them to overeat and gain weight in the first place. The Weight Loss Surgery Coping Companion is the only book of its kind that helps weight loss surgery patients avoid this pit-fall. With insight and compassion, Dr. Kabala helps readers identify, explore, and then effectively cope with challenging emotions, thereby helping to ensure long-term weight loss success. The book includes thought-provoking questions and writing exercises that I find very helpful to my patients, as well as a wealth of healthy, non-food related, targeted coping strategies. Thanks to Dr. Kabala for writing a thoughtful, sensitive, and practical book that is an excellent tool not only for weight loss surgery patients, but also for support group leaders and psychologists. I use it with my patients and highly recommend it." -Jill P. Weber, Ph.D., Licensed Psychologist

This book is dedicated to all of the weight loss surgery patients whom I have had the honor to work with and know. ã Æ They have touched me with their genuineness, vulnerability, openness, and courage. ã Æ I thank each of them for inspiring me, both personally and professionally. ã Æ My hope is that others might be equally moved by their stories. ã Æ Please note that all names in this book have been changed to protect confidentiality.

I am a clinical psychologist who does mental health evaluations for bariatric surgery as a regular part of my practice. I have found myself time and again reaching for and recommending this book to this very special, but often overlooked population. I have also borrowed from it heavily in my therapy practice, especially when working with folks who have a history of bariatric surgery as emotional issues that may present as low or anxious mood are often the result of unresolved personal identity issues that are directly related to their weight loss surgery journey. I am currently in the process of encouraging the hospital I work for to include this easy to read book in their mandatory packet of information for all new incoming patients as a way to provide the best care to the whole person; this book is that important!

The overall message is about mindfulness. Its so nice to find a book on this specific topic related to

weight loss surgery. The author is a therapist to many people people in the post surgical phase. Their experiences and antedotes are very helpful. This book is NOT about recipes and food guides....which i was happy about. It's a small book. It has many pages to journal on. My only critique is that the author tells readers a few times about the products they can purchase that she's made. If this was stated at the end of the book versus amongst the text it wouldn't be as tacky. Overall, I'm very happy I found this book and I've recommended it to several people.

Works great with my Ozark Mountain mug.

Good book.

Never received it!

my life saver pre op

helped my friend get back on track.

Great read

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