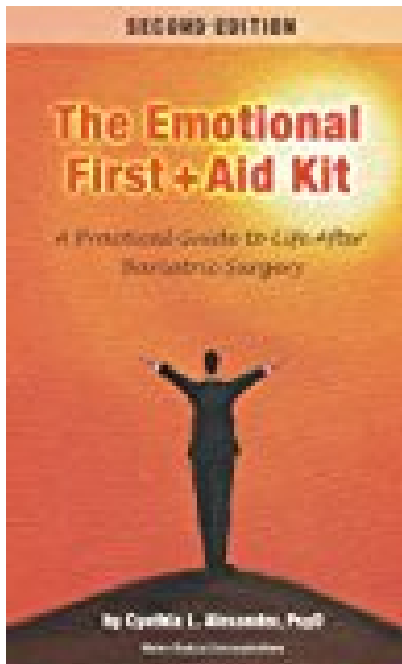


The Emotional First + Aid Kit A Practical Guide to Life After Bariatric Surgery Second Edition



BOOK DETAILS

- Author : Cynthia L. Alexander
- Pages : 244 Pages
- Publisher : Matrix Medical Communications
- Language : English
- ISBN : 0976852659

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BOOK SYNOPSIS

In *The Weight Loss Surgery Coping Companion*, Dr. Tanie Kabala 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. "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. Kabalas 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. Kabalas 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. Kabalas 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

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