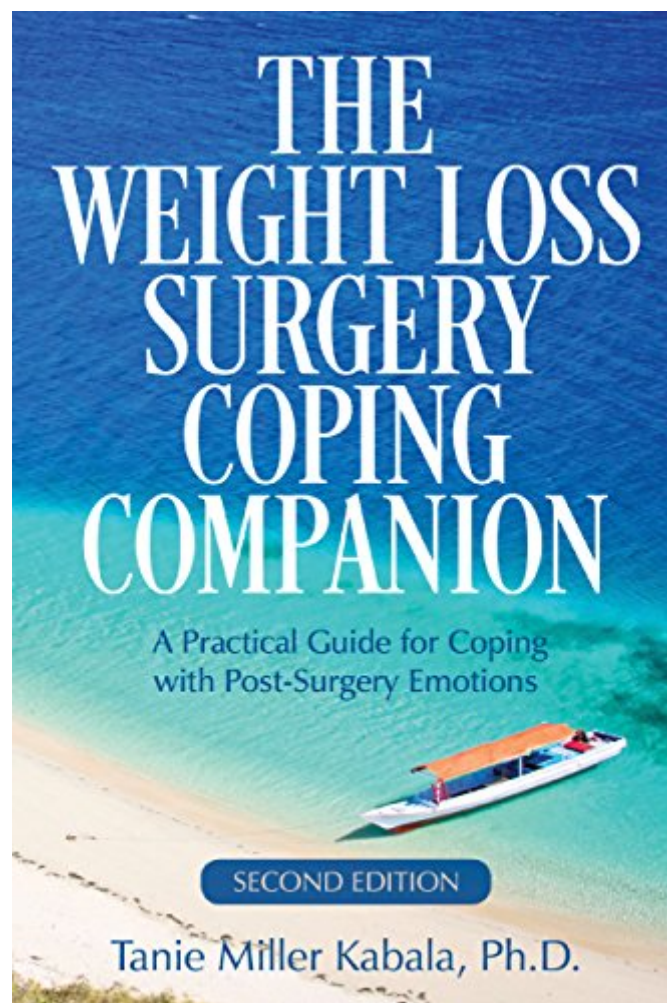




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# The Weight Loss Surgery Coping Companion: A Practical Guide To Coping With Post-Surgery Emotions



## 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.

## Book Information

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## Customer Reviews

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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