

# Through Thick & Thin

The Emotional Journey of  
Weight Loss Surgery

"...this book will  
change how the world  
views bariatric surgery,  
one patient at a time."

—KHALILAH ALI

*Warren L. Huberman, Ph.D.*

# Through Thick And Thin The Emotional Journey Of Weight Loss Surgery

**Srirupa Chatterjee, Shweta Rao Garg**



## **Through Thick And Thin The Emotional Journey Of Weight Loss Surgery:**

**Through Thick & Thin** Warren L. Huberman, 2012 A guide for navigating the many complex emotional issues related to weight loss surgery beginning with considerations prior to surgery and following through the physical and psychological transitions that occur after surgery

**Global Health Complications of Obesity** Jahangir Moini, Raheleh Ahangari, Carrie Miller, Mohtashem Samsam, 2020-04-01 Global Health Complications of Obesity presents a valuable resource for research scientists and clinicians by covering the burden of obesity and related diseases and serving as a starting point for in depth discussions in academic settings and for obesity treatment specialists Obesity is associated with a statistically higher risk of heart disease hypertension insulin resistance type 2 diabetes and many other diseases This succinct resource focuses on the current data research and management of obesity It is essential reading for healthcare professionals endocrinologists nutritionists public health students and medical students Presents clinical cases key terms and targeted references Addresses diseases including diabetes cancer hypertension osteoarthritis fatty liver disease infertility renal failure and depression Provides a link to new knowledge that is ideal for both researchers and clinicians

*Female Body Image and Beauty Politics in Contemporary Indian Literature and Culture* Srirupa Chatterjee, Shweta Rao Garg, 2024-05-10 Using a Humanistic Cultural Studies approach this edited volume is the first book length study of its kind to offer insights on the myriad representations and conceptualizations of women's body image in contemporary India

**I'm Still Hungry** Carnie Wilson, 2003 The author shares her experiences following gastric bypass surgery including the renewal of her career as a singer and actress posing for Playboy and maintaining her weight loss through diet and exercise

**Los Angeles Magazine**, 2003-11 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian

*Men's Health*, 2008-01 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

**Backpacker**, 2004-03 Backpacker brings the outdoors straight to the reader's doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world's first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker's Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured

**Popular Mechanics**, 2000-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is

the ultimate guide to our high tech lifestyle      **Dying to Be Thin** Stephanie French,2006-04 Exposes the dangers of gastric bypass surgery including health risks and psychological impact      *It Ain't Over 'till the Thin Lady Sings* Michelle Ritchie,2007-04-28 This sensitive sympathetic book helps readers determine whether or not weight loss surgery is right for them Author Michelle Ritchie shares both her personal journey as a successful weight loss surgery patient and her professional advice as an experienced weight loss counselor In sometimes funny sometimes painful prose she discusses her life before and after surgery and bluntly analyzes her own complicity in her obesity As she describes her four year battle to maintain her new healthy weight Ritchie emphasizes personal responsibility reminding readers that surgery is not a quick fix solution but a tool that works only as well as the choices patients make after the procedure Also included are a detailed description of gastric bypass surgery its pros and cons tips for keeping weight off after surgery daily food plans and sample shopping lists information on cross addictions and a thoughtful discussion on intimacy and relationships after surgery

*Weight Loss Surgery* Ellie Salser,2014-05-20 A touchingly candid and personal account of lifelong obesity and its emotional social and physical impact Ellie Salser takes you on a journey that intimately chronicles her life changing decision to undergo gastric bypass surgery Sharing her experiences to the world in the hopes of reaching out to those struggling with weight related issues the book is a timeline that begins with the realization and acceptance of her weight problem Revealing a determination and strength of character that carried Ellie through months of exhaustive research numerous medical consultations and the difficult decision making process the book also details the lengthy preparation psychological and emotional issues the surgery the aftermath and both the positive and negative issues she has dealt with in the 5 years since It is with great pride that Ellie no longer sees herself as a stranger in the mirror but a beautiful woman who successfully changed her life

**Journey to a Healthier Me** Pam Tremble,2013-01-04 Every journey needs a road map Especially after weight loss surgery There s new terminology to learn requirements to follow and routines to form as patients begin the journey toward a holistically healthier self mind body and spirit Journey to a Healthier Me serves as a travel guide helping patients at every step of the path to understand what s required of them after weight loss surgery with the kind of navigational advice that can only come from a person who has been there What exactly is calcium citrate and why do weight loss surgery patients need it What lab tests should post ops get What are the various types of protein supplements and why are some better than others How can you battle emotional eating and win What are the rules of weight loss surgery and why do I have to follow them These are just some of the questions you ll find answered here along with the experiences good bad and ugly of successful weight loss surgery alum and blogger Pam Tremble      **The Stranger in the Mirror** Ellie Salser,2015-07 A touchingly candid and personal account of lifelong obesity and its emotional social and physical impact Ellie Salser takes you on a journey that intimately chronicles her life changing decision to undergo gastric bypass surgery Sharing her experiences with the world in the hopes of reaching out to those struggling with weight related issues the book is a

timeline that begins with the realization and acceptance of her weight problem. Revealing a determination and strength of character that carried Ellie through months of exhaustive research, numerous medical consultations, and the difficult decision-making process, the book also details the lengthy preparation, psychological and emotional issues, the surgery, the aftermath, and both the positive and negative issues she has dealt with in the five years since. It is with great pride that Ellie no longer sees herself as a stranger in the mirror but a beautiful woman who successfully changed her life. You Have Such a Pretty Face Kelley Gunter, 2017-10-16

Have you struggled with obesity, poor self image, weight related health problems, or simply a feeling of inadequacy or meaninglessness? Are you tired of feeling left out of the active world around you? Have you ever contemplated weight loss surgery? It's an option many consider often after trying and failing over and over again with diet and exercise. But what about the side effects? The pain. The financial burden. The emotional toll. Kelley Gunter found herself dealing with all of these issues and many more as she weighed the decision to undergo bariatric surgery. Finding very few personal accounts from those who had gone through the same struggles, she decided to write about her experience in an effort to help others facing the same decision. Gunter struggled with her weight from an early age. Always self-conscious of her body, she endured the taunts of her classmates, rejections from boys, and painful nicknames such as Richter and Tree Trunk Legs. A natural athlete and a high school cheerleader, she attempted to remain positive as well as physically and socially active, but her weight constantly thwarted her efforts to achieve the fulfillment she craved so desperately. As an adult, her demons followed her into her professional life where co-workers and even supervisors perpetuated the hurtful body shaming she had come to know so well. Her personal relationships suffered as her constant craving for love and acceptance caused her to make poor decisions in romantic partnerships. Gunter knew it was time for a change. Mustering all her strength, courage, and faith, she undertook the monumental task of preparing herself for weight loss surgery. She attended workshops and meticulously researched various procedures until she found one that was right for her. She worked to obtain the necessary funding, taking out loans to make her goal a reality. She even endured unexpected life-threatening complications that left her not only bedridden but saddled with additional debt and recovery time. Gunter leads the reader through her entire weight loss journey in vivid detail. The reader will follow her as she copes with the early stages of recovery where even the simplest tasks such as walking to and from the bathroom became nearly impossible struggles. Readers will journey with her as she works her way back to wellness, cry with her as she wrestles with the barrage of emotions that come with rapid weight loss, and rejoice with her as she begins to realize her goal of physical and emotional wellness. Whether you have grappled with personal body image, yo-yo dieting, lifelong weight issues, or even morbid obesity, you will find personal inspiration through Gunter's compelling personal story of pain, struggle, and ultimate personal triumph. For those contemplating bariatric surgery, Gunter offers guidance, words of wisdom, and personal examples from beginning to end. For those seeking inspiration, she offers her personal story of spiritual faith, family, and friendships that served as a guiding force.

in her ongoing recovery and personal growth For those seeking motivation she offers the triumphant story of a desperate but determined woman who takes matters into her own hands and reclaims the life she deserves When the world says Give up hope whispers Try it one more time      *Thru Thick & Thin* Dana M. Rosser,2015-10-19 Are you married to an overweight spouse or have a relative who is obese or a really heavy friend Do you have feelings and thoughts about your relationship with them and are some of your feelings anger shame frustration hopelessness or desperation I have written this book for you It s a book that alidates yours and other s real and heartfelt conflicted feelings gives tips on coping with a loved one s obesity tells the stories of others who have gone through this same challenge and either came out triumphantly on the other side or failed trying their best and making healthy decisions for themselves and their obese loved one is informative not only to the supporter but to the person who suffers with this disease *Thru Thick Thin* is a story of triumph over severe obesity and the arduous journey of both patient and family members Anyone who struggles with obesity or cares deeply for a loved one with obesity should read this book Philip Schauer M D Professor of Surgery Cleveland Clinic Lerner College of Medicine Cleveland Ohio The key to overcoming any challenge is education and enlightenment As my good friend Dr Butch Rosser would say You don t know what you don t know and what you don t know can cause you to fail This landmark book from his wife Dana Rosser provides critical information for those who dare to love the obese This book is a must read Rod Paige Ph D Former U S Secretary of Education January 20 2001 January 20 2005 Dana M Rosser is a homemaker mother and wife married to Dr James Butch Rosser Jr a world renowned laparoscopic surgeon Dana is dedicated to educating people on how to support a loved one s challenge with obesity      **It Ain't Over 'till the Thin Lady Sings** Michelle Ritchie,2007-04 This sensitive sympathetic book helps readers determine whether or not weight loss surgery is right for them Author Michelle Ritchie shares both her personal journey as a successful weight loss surgery patient and her professional advice as an experienced weight loss counselor In sometimes funny sometimes painful prose she discusses her life before and after surgery and bluntly analyzes her own complicity in her obesity As she describes her four year battle to maintain her new healthy weight Ritchie emphasizes personal responsibility reminding readers that surgery is not a quick fix solution but a tool that works only as well as the choices patients make after the procedure Also included are a detailed description of gastric bypass surgery its pros and cons tips for keeping weight off after surgery daily food plans and sample shopping lists information on cross addictions and a thoughtful discussion on intimacy and relationships after surgery      My RNY Gastric Bypass Journey Daniella Rose,2025-10-11 Your weight loss surgery was just the beginning now comes the emotional transformation My RNY Gastric Bypass Journey Mindset it s a mirror for the heart Through reflective insight and comforting truth you ll explore how to Rebuild your identity and self confidence Navigate changing friendships and relationships Overcome emotional eating triggers Learn to accept love compliments and vulnerability Embrace your new normal with compassion and purpose Whether you re months or years post op this heartfelt guide will remind you that true healing starts from within and that

every stage of the journey deserves grace My RNY Gastric Bypass Journey Mindset My RNY Gastric Bypass Journey A Lifelong Path **Weight Loss Surgery Stages of Transformation** Katie Jay,2011-11 Katie Jay s groundbreaking Weight Loss Surgery Stages of Transformation is more than a description of the emotional and psychological stages many WLS people move through after weight loss surgery WLS It is also an explanation about how to move through the common post surgical stages with a focus on the mental and emotional changes and challenges that often take place The WLS Stages of Transformation describes normalizes and demonstrates a process to improve a person s long term WLS outcome potential

Fat No More - Long Term Success Following Weight Loss Surgery Gail Engebretson,Robert Magnan,2008-11-19 Witty and informative this book combines the remarkable story of one woman s personal journey with motivational inspiration and sound medical information for anyone who is taking or has taken the big step **Recovering My Life** Carol Rose Adkisson,2018-07-17 All of us get to this place of being morbidly obese for different reasons emotional eating when we re upset sad or emotional and even happy childhood trauma being addicted to the taste of food or having a genetic predisposition to weight issues I spent most of my life trying to lose weight from childhood into adulthood No diet or exercise plan seemed to work By the time I was pregnant with my second child I was over 200 pounds when I gave birth That was the point where my medical problems began to increase I remember being unable to get out of bed and feeling like the worst mom on the planet I could barely accomplish the minimal for my kids during those years What I wanted was transformational weight loss The next time I went to the doctor I cautiously brought up the weight loss surgery idea I expected he would argue with me and say it was the easy way out or that he was against it Instead he looked at me and said I would be an ideal candidate for the surgery I began a new season in my life fighting my way back to health In this book I will share my personal journey through obesity bariatric surgery and the rough recovery I ll tell you all the good and the bad of the process And in spite of it all I would do it again a million times over However I made a lot of mistakes along the way and my hope is that you can have consider your own weight loss surgery options and start down the road to your recovery and live your own magnificent life

## Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Through Thick And Thin The Emotional Journey Of Weight Loss Surgery**

In some sort of inundated with displays and the cacophony of immediate transmission, the profound energy and mental resonance of verbal artistry often diminish into obscurity, eclipsed by the continuous assault of sound and distractions. However, situated within the musical pages of **Through Thick And Thin The Emotional Journey Of Weight Loss Surgery**, a interesting perform of literary elegance that pulses with organic thoughts, lies an unforgettable journey waiting to be embarked upon. Written with a virtuoso wordsmith, this mesmerizing opus manuals viewers on an emotional odyssey, lightly exposing the latent possible and profound impact embedded within the complex internet of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is central subjects, dissect their captivating writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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