

HELPFUL WEBSITES

www.obesity.org

www.lapband.com

www.bariatricsupportcenter.com

www.sages.org

www.bariatriceating.com

HELPFUL BOOKS

Weight Loss Surgery for Dummies by Marina S. Kurian, M.D., F.A.C.S.

Gastric Bypass Surgery by Mary P. McGowan, M.D., with Jo McGowan Chopra

Exodus from Obesity: The Guide to Long-term Success after Weight Loss Surgery. by Paula F. Peck, RN

Gut Feelings by Carnie Wilson

I'm Still Hungry: Finding Myself Through Thick and Thin by Carnie Wilson

Weight Loss Surgery – Finding the Thin Person Hiding Inside You, Third Edition by Barbara Thompson

Complete Guide to Obesity Surgery by Bryan G. Woodard

Become You: A Mental Health Companion for the Gastric Bypass Patient by Teri Kai Holtzclaw, Ph.D.

Making the Journey Together: A Guide to the Bariatric Surgery Experience in the Words of Patients Who Have Been There by Eric Klein & Jeannie Cohen

Culinary Classics by Chef David Fouts

Before & After: Living and Eating Well After Weight Loss by Susan Maria Leach

The Doctor's Guide to Weight Loss Surgery: How to Make the Decision That Could Save Your Life by Louis Flancbaum, M.D.

The Patient's Guide to Weight Loss Surgery: Everything You Need To Know About Gastric Bypass and Bariatric Surgery by April Hochstrasser, PhD, S. Ross Fox, M.D.

This is NOT Brain Surgery: But There is a Magic Pill! by Teri Kai Holtzclaw

Tiny Bites: A Guide to Gastric Bypass Surgery for the Morbidly Obese by Sandra Beachamp-Pavke

Weight Loss Surgery: Understanding & Overcoming Morbid Obesity-Life Before, During & After by Michelle Boasten

Lap-Band for Life by Ariel Ortiz Lagardere

Laparoscopic Adjustable Gastric Banding: Achieving Permanent Weight Loss with Minimally Invasive Surgery by Jessie H. Ahroni, Ph.D., A.R.N.P.