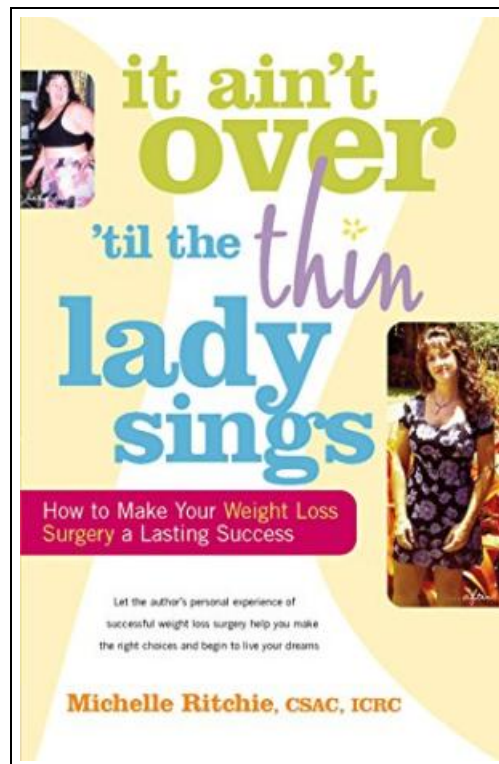


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Hunter House Publishers. Paperback. Book Condition: New. Paperback. 244 pages. Dimensions: 8.3in. x 5.5in. x 0.7in. This sensitive, sympathetic book helps readers determine whether or not weight-loss surgery is right for them. Author Michelle Ritchie 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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