



Is Weight Loss Surgery Right for You? (Treatments That Work)

Robin F. Apple, James Lock, Rebecka Peebles

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Obesity has quickly become an American epidemic. If you are suffering from significant overweight and the problems that go along with it, you may be contemplating weight loss surgery. The decision to pursue weight loss surgery should not be taken lightly. There are many factors to consider. This book contains all the need-to-know information about weight loss surgery and how to decide whether or not it is right for you. *Is Weight Loss Surgery Right for You?* helps guide you through the decision-making process by providing information on the various types of bariatric surgery available, their respective risks and benefits, the professional consultations and evaluations you will need to go through prior to surgery, as well as what to expect post-operatively. It also contains written exercises you can complete at home in order to help you work through any anxious feelings you may have as a result of your considering surgery. If you are interested in weight loss surgery as a way to improve your quality of life, both physically and emotionally, this book will ensure that you have all the tools necessary to make the best decisions.

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