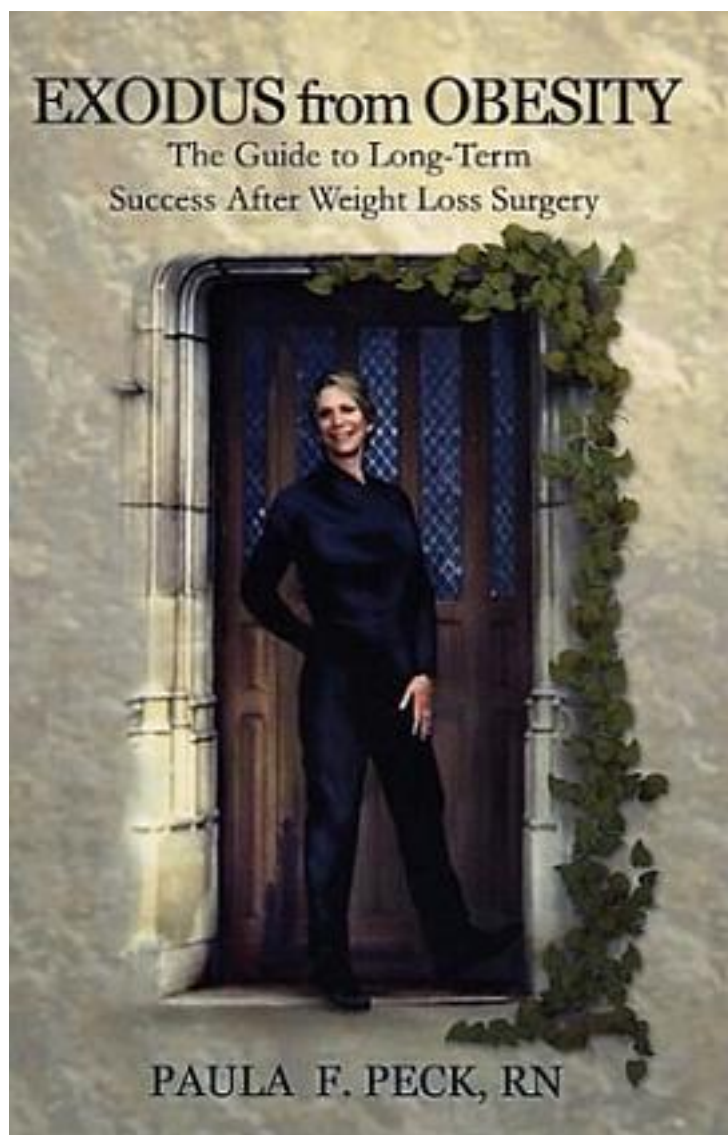


Exodus from Obesity



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著者:Paula F. Peck

出版者:BP Publishing, Inc.

出版时间:2003-12-01

装帧:Paperback

isbn:9780972805025

In Exodus From Obesity, Paula F. Peck provides the information, encouragement and guidelines for maintaining long-term success after weight loss surgery. Ms. Peck interweaves intelligent discussion with humorous stories about herself and individuals that have faced diet after diet and ultimately chose the gastric bypass procedure. This book is a clear, easy-to-read guide for patients, potential patients, loved ones, parents and friends.

Based on scientific research and reflecting Paula F. Peck's many years of personal and professional experience, this clear, authoritative guide provides readers:

- A thorough, step-by-step approach for undergoing gastric bypass surgery.
- Lifestyle changes necessary AFTER surgery for maintaining long-term weight loss.
- Tips for preventing binge eating when hunger returns.
- Skills for dining out at restaurants, salad bars and parties.
- Identification of the triggers that set off out-of-control eating.
- Approaches for overcoming self-defeat.
- Ways to change a distorted self-image.
- Methods for restructuring relationships and dealing with sexuality.
- New attitudes for raising self-esteem and celebrating a new life.

作者介绍:

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