

## HELPFUL WEBSITES

[www.obesity.org](http://www.obesity.org)

[www.beyondchange-obesity.com](http://www.beyondchange-obesity.com)

[www.bariatricsupportcenter.com](http://www.bariatricsupportcenter.com)

[www.weightlossurgeryinfo.com](http://www.weightlossurgeryinfo.com)

[www.wlscenter.com](http://www.wlscenter.com)

[www.obesityhelp.com](http://www.obesityhelp.com)\*\*\*

[www.wslifestyles.com](http://www.wslifestyles.com)

[www.obesity-diet.com](http://www.obesity-diet.com)

[www.christianacare.org](http://www.christianacare.org)

[www.lapband.com](http://www.lapband.com)

[www.spotlighthealth.com](http://www.spotlighthealth.com)

[www.stfrancishealthcare.org](http://www.stfrancishealthcare.org)

[www.asbs.org](http://www.asbs.org)

[www.sages.org](http://www.sages.org)

[www.bariatriceating.com](http://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.