



Western Bariatric Institute Recommended Reading

Books

1. **Alexander, Cynthia. The Emotional First Aid Kit: A Practical Guide to Life After Bariatric Surgery. Second edition, 2009, Matrix Medical Communications.** This handy little book is recommended reading pre-operatively as well. Contains practical and realistic strategies for dealing with stress without food, increasing physical activity, dealing with changing relationships, dealing with relapse. A wealth of information put into a small package. (Available on Amazon.com)
2. **Clark, Thomas MD, and Reese, Dawn PhD. Back on Track After Weight Loss Surgery: It's Not Too Late! 2014, Adriel Publishing.** Weight regain can happen after surgery but you can get yourself back on track. This is hands-on book to help you manage head hunger and develop a plan that hold you accountable.
3. **Davidson, Brian and Krieger, Sarah. Weight Loss Surgery Cookbook for Dummies. Second Edition, 2016, Wiley Publishing.** A book about food and maintenance: what foods to buy, how to prepare them, and how to enjoy a nutritious post-surgery diet. It also contains information to help you stock your kitchen, sample meal plans plus lots of other tidbits.
4. **Fouts, Dave and Bovee, Vicki. Recipes for Weight Loss Surgery Success: Starting Your Journey Step-By-Step. 2011, iUniverse, Inc.** A guide and recipe book for immediately after surgery to help you through the diet transitions of full liquids, smooth foods, and soft foods.
5. **Furtado, Margaret and Ewing, Joseph. The Complete Idiot's Guide to Eating Well After Weight Loss Surgery. 2009, Alpha Publishing.** A great source of nutrition information for immediately after surgery to long-term plus it has 150 easy to prepare recipes. This guide provides information on nutrition, shopping, supplements, and strategies to succeed with your surgery.
6. **Jay, Katie. Small Bites: Daily Inspirations for Weight Loss Surgery Patients. 2007, Pink Sky Publishing, Inc.** A daily reading to help you stay focused on your goals and a daily action to help you achieve those goals. (Available at www.nawls.com)
7. **Jay, Katie. Weight Loss Surgery Stages of Transformation. 2011, NAWLS.** This handy little book can help patients and support people to better understand the psychological changes that occur with all types of weight loss surgery. Katie identifies 12 stages of change starting with the decision to have surgery to the final stage, freedom, when you finally "get it", realizing the lifelong behaviors to be practiced to stay healthy and maintain weight loss. It's comforting to know people go back and forth between stages and that you are not alone. (Available at www.nawls.com)
8. **May, Michelle MD and Furtado, Margaret. Am I Hungry? Mindful Eating Program for Bariatric Surgery. 2012, Am I Hungry? Publishing.** Learning to eat mindfully will put you in charge of your eating instead of letting the food control you. This a companion workbook to the author's book, Eat What You Love; Love What You Eat and written specifically for weight loss surgery patients.

9. **Moss, Michael. Salt Sugar Fat: How the Food Giants Hooked Us. 2013, Random House Publishing.** A fascinating book that exposes the food industries plans and policies to lead us down the processed food path of temptation. You will learn why you can't eat just one and why some foods make us feel so good when we eat them.
10. **Pollan, Michael. In Defense of Food: An Eater's Manifesto. 2008, Penguin Press.** An excellent and eye opening book about our modern food products and a call to return to eating real food.
11. **Pollan, Michael. Cooked: A Natural History of Transformation. 2013, Penguin Press.** Americans spend less time cooking than any other nation, yet it is the one thing we can do to improve our health and general well-being. The author explores the transformation of food with fire (grilling), water (braising), air (baking), and earth (fermentation). If you are a foodie, this book will explain in readable terms the science of the four cooking methods, plus help you improve your own culinary skills.
12. **Wansink, Brian. Mindless Eating: Why We Eat More Than We Think. 2010, Bantam Books.** Not a bariatric surgery book but great reading if you are interested in what affects your decisions on what to eat and how much to eat. Dr. Wasink has spent a lifetime studying the cues that cause us to eat more without being aware of it. Also includes practical and realistic tips for eliminating eating cues and mindless eating.
13. **Wansink, Brian. Slim by Design: Mindless Eating Solutions for Everyday Life. 2014, HarperCollins Books.** Learn how to manage your weight with cutting edge research by making design changes in your living environment including home, workplace, grocery stores, restaurants, and schools.

*This list is not comprehensive. New titles will be added when available

Websites and Blogs

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| 1. www.bariatriceating.com | 8. www.NAWLS.com |
| 2. www.theworldaccordingtoeggface.com | 9. http://dawnjacksonblatner.com |
| 3. http://nutritionovereasy.com | 10. www.bariatricfoodie.com |
| 4. www.mindlesseating.org | 11. www.slimbydesign.org |
| 5. www.thinnertimesforum.com | 12. www.obesityaction.org |
| 6. www.mybariatriclife.org | 13. www.bariatricpal.com |
| 7. www.bsciresourcecenter.com | |