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Weight Loss Surgery: The Real Skinny

WEIGHT LOSS *Surgery:*

The Real Skinny



Nick Nicholson, M.D.
B. A. Blackwood



Synopsis

Is it possible to lose weight fast and keep it off long-term? Whether it's a new diet, an exercise regimen, or surgery, people are always looking for the shortest path to their ideal weight. Bariatric surgery can help you get ahead of your weight issues, but it's not a one-and-done remedy; it gives you a head start, but lasting weight loss requires maintenance. *Weight Loss Surgery: The Real Skinny* tells you the truth. Bariatric surgery can be an excellent way to quickly lose weight, but it's not a permanent fix. It can change your body, but it doesn't change your mind or your relationship with food. As Dr. Nick Nicholson and B. A. Blackwood explain, "overeating has little to do with physical need and everything to do with emotional need." Surgery will get you started, but patients must also be willing to adopt a healthier way of living. While the authors touch on the benefits of bariatric surgery and practical advice on how to select your surgeon, much of this book addresses the issues connected to weight management that precede and follow surgery, with chapters that tackle questions like "How Did I End up in this Mess and Why Can't I Get Out of It?" and "I'm Doing Everything Right, So Why Doesn't My Weight Show It?" Other chapters address some of the unexpected consequences of dramatic weight loss. You may have already known that weight gain could adversely affect your relationships—but weight loss? Like any major life change, losing weight can upset the balance in your relationships. *Weight Loss Surgery: The Real Skinny* honestly acknowledges the effect that bariatric surgery can have on a patient and that patient's family and friends. The authors offer insight into how to prepare yourself and your loved ones for the shift, highlighting the importance of open communication throughout the process. Dr. Nick Nicholson, a renowned bariatric surgeon, and B. A. Blackwood, an author, retired trial lawyer, and marathon runner, teamed up to write *Weight Loss Surgery: The Real Skinny*, a guide for people who are considering or have already undergone bariatric surgery. Nicholson was voted one of *D Magazine's* top bariatric doctors seven years in a row, and Blackwood has completed more than 20 marathons. Together they share a passion for encouraging people to achieve and maintain healthy lifestyles. They know that anyone who chooses to undergo bariatric surgery will experience bumps in the road to maintaining their weight loss. One size does not fit all—"everyone's body is unique and everyone faces a unique set of challenges. If you or a loved one is considering bariatric surgery or has already undergone surgery, *Weight Loss Surgery: The Real Skinny* can help you find and face the real issues that brought you to this place and lead you on the way to creating a new lifestyle that will preserve a healthier you. Written in an easy-to-read, engaging, and encouraging style that is supplemented with informational charts and data, this book shows readers how to take charge of their health by addressing their emotions and changing their thinking so they can maintain

a healthy weight throughout their life.

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Weight Loss

Customer Reviews

It was an uncanny experience purchasing Weight Loss Surgery: The Real Skinny by Nick Nicholson, M.D. and B.A. Blackwood before spotting an ad for a weight loss related surgery in a local area newspaper less than six weeks later. I have decided to first approach losing weight without necessity of surgery and have even bought and kept some of the following magazines for additional inspiration and a positive reinforcement that reaching my goal weight is possible through the following magazines: Life & Style Issue of Christina Aguilera displaying a weight loss success of 150 pounds to 110 pounds in just 8 weeks (October 27, 2014), A Special Feature from People magazine called The Ultimate Diet Guide People Half Their Size featuring a woman named Kaitlyn who went from 263 pounds to 127 pounds (was on display in certain stores until July 4, 2014), US Weekly Magazine issue featuring NBC's Biggest Loser winner Rachel Frederickson successfully going from 260 pounds to 105 pounds (from my humble perspective her story is

motivational and phenomenal because she is listed to have lost 155 pounds in 7 months). The US Weekly magazine issue (featuring Frederickson) is from February 24, 2014 (issue 993). Last, but not least, there is another inspirational feature of Ok Magazine covering Jessica Simpson's successful 70 pound weight loss from 195 pounds to 125 pounds (issue 49 December 9, 2013). However, purchasing Weight Loss Surgery: The Real Skinny by Nick Nicholson, M.D. and B.A. Blackwood was an important purchase for me so that I can be better informed about certain options in case they have to be implemented such as: You Enlisted But Your Spouse Was Drafted, The Impact of Weight Loss On Your Marriage (pages 37-50). Honest details are shared on what to expect in a marriage when the variable of successful weight loss is introduced. There is also the feature of Chapter Eight of My Weight Loss Is About Me, So Why Does Everyone Act Like Its About Them?. Details in chapter eight are given as to what to expect from both enthusiastic (happy for your success) and less than thrilled (uncomfortable about your success) friends and family members who are going to see and/or notice your successful weight loss campaign.

Dr. Nick Nicholson did my surgery December 2013. I've been happy with my doctor. This book really touch many things I've either gone through or what I am currently dealing with. I'm glad he pushes that the surgery is simply just a tool. No magic wand. You have to work hard. I knew it wasn't going to be easy but now that I am almost 4 months out I'm really finding out just how hard it really is. It's just a tool. It's your choice how you use it. I recommend reading this book for anyone who is thinking about surgery and definitely for those who have had it. I'm sure I'll be rereading this again in the future to help me stay on track.

What a quick and easy read! I found this book enlightening from the standpoint that it sheds light on so many areas that people don't take into consideration when they think about weight loss surgery. Dr. Nicholson has done a great job creating an intelligent, witty and entertaining read on a subject that many might not find incredibly exciting - and does so in relatively few pages. I would recommend this book to anyone who has had bariatric surgery, anyone considering or interested in bariatric surgery - and even those individuals that have relationships with bariatric surgery patients. On a subject that has become incredibly mainstream over the past several years, this book provides a true picture of what to expect in relation to bariatric surgery - and takes out all the marketing and fluff while still being entertaining. Kudos to you, Dr. Nick! (RSP)

Dr. Nick tells us what to truly expect after surgery. I have recommended the book to several people,

even ones who had surgery a while ago. Told them it would address what they were going through. Weight loss surgery is a tool for gaining control of our weight and lives but it is not a cure all. Easy reading and very informative.

This relatively short book is an easy to read, straight forward explanation of what you need to know if you are considering weight loss surgery. Some of the chapters address topics that are rarely discussed elsewhere. Some other sources of information can seem more like commercials making the surgery seem very desirable, or make it sound very scary and only for the desperate. I find Dr. Nicholson's approach to be balanced. He covers the pros and cons of the surgery in general as well as each type of operation. I would recommend this for anyone looking for a great source of information on this topic.

I like some chapters on this book others were actually kind of a downer. I honestly didn't really think too much of this book I liked one or two chapters... Seemed repetitive and like they were reaching just to put information to make the book longer... I mean if you haven't had surgery yet I think it's a good book if you're postop I wouldn't recommend it

Anyone who is contemplating, or who has already had bariatric surgery needs to read this book. It contains less fluff than some of the other books available on the topic, and provides solid information from a surgeon who has performed more than 3,000 bariatric procedures. It discusses the weeks, months and years after surgery and makes it very clear that behavior modification and practicing intentional eating are just as important as the surgery itself for effective weight loss.

I went in expecting this book to be more procedural, since it was written by an MD. Finding out it wasn't was not a bad thing, though. With pages of patient quotes and interesting information about the kinds of challenges you may face after WLS, this was a very entertaining read. The only con was that it was so short, but the book felt finished, which is why I still gave it five stars.

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