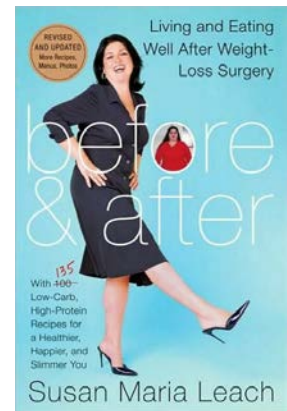


## Bariatric Resources

### Books & Cookbooks

- The Success Habits of Weight Loss Patients (Colleen Cook)
- Never Going Back (Al Roker)
- Weight Loss Surgery for Dummies
- Weight Loss Surgery Cookbook for Dummies
- Before and After: Eating Well After Weight Loss Surgery
- The Everything Weight Loss Surgery Cookbook
- The Good Life Weight Loss Surgery Cookbook
- The Emotional First Aid Kit: A Practical Guide to Life After Bariatric Surgery (Cynthia Alexander, PsyD)
- Boundaries: When to Say Yes, How to Say No, to Take Control of Your Life (Dr. Henry Cloud & Dr. John Townsend)
- The Seven Habits of Highly Effective People: Powerful Lessons in Personal Change (Stephen Covey)
- Small Bites: Daily Inspiration for Weight Loss Surgery Patients (Katie Jay MSW & J. Persing)
- Obesity Surgery: Stories of Altered Lives (Marta Meana, PhD & Lindsey Ricciardi, PhD)
- Anatomy of a Food Addiction (Anne Katherine)
- Fresh Start Bariatric Cookbook (Sarah Kent, MS RDN CD)



### Magazines

- Weight Loss Surgery Lifestyles
- Health
- Cooking Light
- Fitness
- Women's Health
- Men's Health
- Eating Well



## Online

- [Bariatricpal.com](http://Bariatricpal.com)
- [Obesityhelp.com](http://Obesityhelp.com)
- [Obesitygirl.com](http://Obesitygirl.com)
- [Bariatriceating.com](http://Bariatriceating.com)
- [Baribest.com](http://Baribest.com)
- [nawls.com](http://nawls.com) (National Association for Weight Loss Surgery)
- Obesity Action Coalition
- [Sparkpeople.com](http://Sparkpeople.com)
- Thinner Times Bariatric Support Center
- Facebook (see our newsletter for Facebook page)
- American Bariatric Support Group
- Pinterest – Weight Loss Surgery Recipes
- [Overeatersanonymous.org](http://Overeatersanonymous.org)

## Online Journaling Resources

- [CalorieKing.com](http://CalorieKing.com)
- [Sparkpeople.com](http://Sparkpeople.com)
- [Calorie-count.com](http://Calorie-count.com)
- [Thedailyplate.com](http://Thedailyplate.com)
- [Livestrong.com](http://Livestrong.com)
- [FitDay.com](http://FitDay.com)

