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 Person 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
- Obesityhelp.com
- Obesitygirl.com
- Bariatriceating.com
- Baribest.com
- nawls.com (National Association for Weight Loss Surgery)
- Obesity Action Coalition
- 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

Online Journaling Resources

- CalorieKing.com
- Sparkpeople.com
- Calorie-count.com
- Thedailyplate.com
- Livestrong.com
- FitDay.com