Record Nr. UNINA9910453833503321 Autore Apple Robin F Titolo Preparing for Weight Loss Surgery, Workbook [[electronic resource]] New York;; Oxford,: Oxford University Press, 2006 Pubbl/distr/stampa **ISBN** 0-19-020792-2 0-19-024225-6 1-281-37484-9 9786611374846 0-19-804082-2 Descrizione fisica 1 online resource (139 p.) Collana **Treatments That Work** Altri autori (Persone) LockJames PeeblesRebecka Disciplina 617.43 Soggetti Obesity Weight loss Electronic books. Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Description based upon print version of record. Note generali Nota di bibliografia Includes bibliographical references. Nota di contenuto Contents; Chapter 1 Introduction; Chapter 2 Understanding Your Eating Behavior; Chapter 3 Normalizing and Keeping Track of Your Eating; Chapter 4 Weighing-In: Chapter 5 Pleasurable Alternative Activities: Chapter 6 Challenging Eating Situations: People, Places, and Foods; Chapter 7 Problem Solving and Cognitive Restructuring; Chapter 8 Body Image; Chapter 9 Congratulations! You're on Your Way to the O.R.; Chapter 10 What Happens After Surgery?; References; About the **Authors** Sommario/riassunto 1. Introduction. 2. Understanding Your Eating Behavior. 3. Normalizing and Keeping Track of Your Eating. 4. Weighing In. 5. Pleasurable Alternative Activities. 6. Challenging Eating Situations: People, Places and Foods. 7. Problem Solving and Cognitive Restructuring. 8. Body Image. 9. Congratulations: You're On Your Way to the O.R. 10. ""What Happens After Surgery?""