



Through Thick & Thin: The Emotional Journey of Weight Loss Surgery

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by Warren L. Huberman, Ph.D.

Join Dr. Huberman as he navigates the many complex emotional issues related to weight loss surgery. An authority in the field who has seen thousands of patients, Dr. Huberman takes you on a trip that begins with his own early struggles with weight, and continues through the many issues confronting the bariatric patient before and after surgery. Told with humor and wit in a warm conversational style, *Through Thick and Thin* is the perfect guide for anyone who would like to learn more about weight loss surgery.

REVIEWS

"Dr. Huberman's voice in *Through Thick and Thin* brings healing, balance and wisdom to the bariatric patient. As a magazine editor, author, and patient, I congratulate and thank him for creating what will become an essential ingredient in my own continued success as a bariatric patient. *Through Thick and Thin* is an absolute must read for anyone at any point along their weight loss journey. Family, friends, and practitioners also stand to benefit from this comprehensive work. Dr. Huberman has written an exceptional, one-of-a-kind guide for anyone involved with bariatric surgery. I truly believe this book will change how the world views bariatric surgery, one patient at a time."

—Khaliah Ali

Editor-in-Chief, *WLS Lifestyles* magazine

Author, *Fighting Weight: How I Achieved Healthy Weight Loss*

"Meeting Dr. Huberman over 10 years ago was the beginning of my personal journey in understanding the cause of obesity and the treatment of this very complex disease. As a surgeon, I cannot always "cure" the disease, but with the help of Dr. Huberman's expertise and experience, patients have a better chance at achieving weight loss success. This book continues to teach me about my patients, which makes me a better doctor."

—Christine Ren Fielding, MD

Associate Professor of Surgery, NYU School of Medicine
NYU Langone Weight Management Program

"This is simply a great read, and a great resource for long term bariatric patients. Dr. Huberman has experience helping thousands of patients, and his experience is clear on every page. As a surgeon, I know it will help my patients. As a patient myself, it gave me insights into issues I've occasionally struggled with over the 11 years since I had surgery. I heartily recommend this book to all those who've had bariatric surgery, along with their families."

—George Fielding, MD

Associate Professor of Surgery, NYU School of Medicine
NYU Langone Weight Management Program

For more information about *Through Thick & Thin: The Emotional Journey of Weight Loss Surgery*, please visit warrenhuberman.com