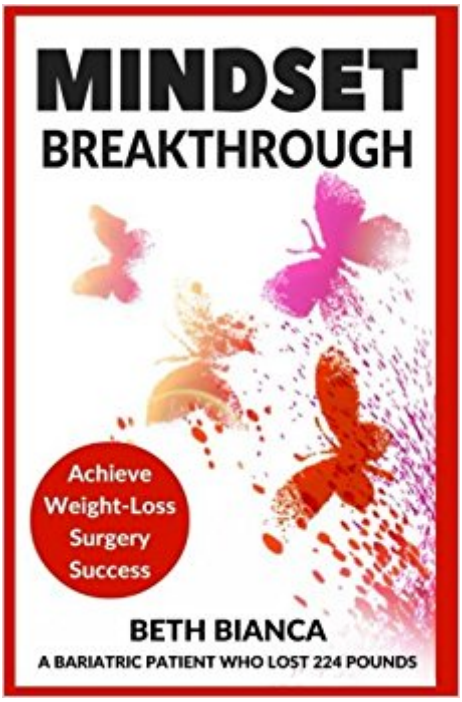
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Mindset Breakthrough: Achieve Weight-Loss Surgery Success



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Synopsis

DiscoverÃ Â the Freedom of Not Being Controlled by FoodÃ Â Beth Bianca Had Weight-Loss Surgery and Lost a Total of 224 Pounds by Breaking Through Her Old Mindset.Learn 8-Steps to Break Through Your Lifelong Food Behaviors.Ã Â If weight-loss surgery helps you lose weight, why do so many people gain their weight back? Having weight-loss surgery isn't a lifetime fix. If you keep thinking the same way you always have, chances are you'll end up back where you always were.Ã Â Having bariatric surgery isn't enough. You have to change the way you look at and feel about food.Ã Â Inside Mindset Breakthrough: Achieve Weight-Loss Surgery Success, Beth shares real-life examples and the steps she took to overcome the "mind games" after having bariatric surgery. Although her stomach was smaller, she still had the same cravings and impulse food desires she always had. It was embarrassing for her to see how much of her life revolved around food.Ã Â During Beth's transformation, she discovered the key to unlocking her old ways of thinking and food behaviors. Now, you can learn the same 8- Steps Beth used and break through your own patterns.Ã Â Ã Â As you read and apply these steps to your life, you will become empowered to take control over your life and finally find freedom from your self-defeating habits.Ã Â Beth explains:Ã Â * What needs to be done for weight-loss surgery success.Ã Â * How to develop the mindset to DO WHAT NEEDS TO BE DONE.*Ã Â How to end the self-inflicted frustration you have lived with all of your life and feel the freedom of not being controlled by food, once and for all.Mindset Breakthrough is written in easy to understand, concise, actionable steps. Beth simply states, "If I could it, so can you!"Would you like to know more?Ã Â Scroll to the top of the page and click on the "Add to Cart" button.

Book Information

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> Bariatrics

Customer Reviews

BETH BIANCA weighed 394 pounds, was in a wheelchair and riddled with health issues before having weight-loss surgery. She lost a total of 224 pounds and gained her life and health back. Now Beth is passionate about sharing what she has learned and helping other bariatric patients. She is a contributing author to the Huffington Post and founder of LadiesInWeighting.com. You can find her at www.BethBianca.com.

Excellent first-person account of WLS--the process, the aftermath and results. Recommended for anyone, like myself, in the process for weight loss surgery.

Very helpful and informative. Highly recommend.

I consider this book as my handbook. It’s a well written account of a bariatric patient. I have it close at hand because it is beneficial to read time and again. I am thankful for this book, as I feel it applies to me. I have referred this book to others and also told my general doctor about this great book, so she can recommend it to her patients considering bariatric surgery.

The book has really good ideas about the psychology of weight loss. I was looking for a book that described her journey after a gastric sleeve.

Very good read. Not only do you need to change your eating habits but also your mind. Beth explains what worked for her to change her life. I can’t wait to use her methods to get back and stay on track.

Really enjoyed this book. I liked that the author wrote it in a way that can be used for other challenges in your life as well. Written in a way that felt like a conversation, not a formal intimidating doctor conversation.

I love this book so much that i will probably read it again. It makes so much sense but my memory thinks i should read again....

This is an excellent book packed with helpful well researched information from Beth Bianca who knows from personal experience what its like being Morbidly obese to now having a Slim Trim Body. She has gone thru Weight Loss Surgery and has come out of it with knowledge that will help the Unsure struggling patient Pre -op and Post op Patient. A Must Read !

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