



# The Weight-Loss Surgery Connection

*Melissa deBin-Parish*

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## **The support you need to be successful with weight-loss surgery**

If you're considering weight-loss surgery, or have already had it, you're probably filled with expectations, concerns--and a million questions. Author Melissa deBin-Parish knows what you're going through. She and her husband, Dan, lost a combined 300 pounds after their surgeries in 2003. Melissa went from a size 24 to a size 4, dramatically improved her life, and started her own support group to help other patients find the same success. Today, her website is one of the most popular and informed support groups available for patients. And now, with this comprehensive guide, she's combined the firsthand experiences of other weight-loss surgery patients with the latest medical information to help you:

- Decide if surgery is right for you
- Choose the best surgeon and procedure
- Overcome “emotional eating”
- Get the support you need
- And keep the weight off for life!

You'll also find invaluable insider's tips, delicious recipes, and journal pages to make your journey positive, successful, and rewarding. And, with the right guidance, you'll see just how wonderful it can be to transform your body, your health, your attitude, and your life.

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