



# Obesity Surgery: Stories Of Altered Lives

*Marta Meana, Lindsey Ricciardi*

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Obesity is a major national health problem, and science has been developing a number of ways to address it. The most revolutionary is surgical intervention to alter the gastrointestinal system so that less food/nutrients can be consumed and/or absorbed. People who undergo this surgery usually experience drastic weight loss and dramatic health improvements. They also discover a new sense of self and face challenges often unimaginable when they were obese.

Using in-depth, first person accounts of 33 men and women who underwent weight-loss surgery, this book elaborates on the complexities of finally getting what you wished for— the good, the bad, and the totally unexpected.

We live in a culture fascinated by physical make-overs, but no one talks about their psychological consequences. Losing a lot of weight is perhaps the most extreme make-over of all. It leaves people emotionally changed, and these changes are the heart of this book. The fascinating narratives contain important lessons for individuals considering or having had the surgery and for those who try to help them. It is simply a story of how finally getting what you've always wished for can be much more complicated affair than you ever imagined.

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