

What professionals are saying:

I thank Colleen for the dedication she has manifested in guiding patients and surgical programs in the area of bariatric surgery."

– Robert T. Marema, M.D., F.A. C.S. U.S.
St. Augustine, FL

"We found your program to be very informative and insightful and we would be pleased to have you return again to speak to our healthcare workers and patients. I would highly recommend your books and your seminar to any group."

– Carolyn Williams, RN, BSN
Mayo Clinic, AZ

"The Success Habits™ principles and the programs Colleen uses to teach them are helping patients ensure their long-term success following weight-loss surgery. She has educated and motivated both my patients and my support group leaders."

– Mathias A.L. Fobl, M.D., F.A.C.S
Hawallian Gardens, CA

What patients are saying:

"Great examples and goal setting techniques that I have never thought about. Great book for anyone at any stage of the "new life"

– M. Gatheridge

"I have already learned more from this must have resource than I did in the 16 months of nutrition counseling prior to surgery. I have already made changes to my life-style to ensure my success. I highly recommend this book to all WLS patients."

– R. Heintzelman

"I am grateful for my surgeons skilled hands but will be forever indebted to the wonderful insight of this book."

– D. Sanchez

"It changed my way of thinking about food about my bad habits... In way I felt "reformed." I am 5 months out and was ignoring a few principles mentioned in the book. Thanks to it, I am now on the right path!"

– C. Breeze

"This book is a must have for anyone who has had weight loss surgery, is planning on having it, or is even considering it. You will read it again and again... I have."

– R. Rohde



Success Habits



For Local Success Habits Resources, Contact:



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The Success Habits of Weight-Loss Surgery Patients



Learn Them. Live Them!

Learn what thousands of successful WLS patients know about how to optimize your surgical weight loss tool and ensure your long-term weight maintenance.

Understanding and following these time and people tested Success Habits™ Principles will help you reach your goal weight and stay there!

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A bariatric best seller, **The Success Habits of Weight Loss Surgery Patients** book features LapBand, Duodenal Switch, Vertical Sleeve Gastrectomy WLS Patients as well as Gastric Bypass patients. Colleen Cook, a weight-loss surgery patient since 1995, has taken the real-world experiences of thousands of weight-loss

surgery patients and condensed them into the principles you'll find in this book.

These time and people tested principles are the results of years of research of long-term weight loss surgery patients. They work regardless of the particular type of weight-loss surgery you may have had. Whether you are investigating weight-loss surgery, a new patient, out a few years, or a bariatric professional, you'll find these resources educational and motivational.

Colleen is a sought after speaker for both bariatric patient events and professional conferences. To inquire about her availability for your next event call **800-339-9129** or email her directly at cmcook@bariatricsupportcenter.com.



WLS Patient 1995
Colleen M. Cook,
President, Speaker,
Author

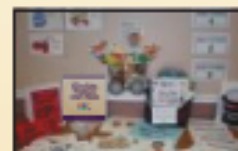
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