

# STUCK AFTER SURGERY RESOURCES

*more from Kayla*

[LIFe program](#)

[Dietitian-approved grocery list](#)

[Protein tips](#)

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*books*

[Atomic Habits](#) by James Clear

[Eat What You Love, Love What You Eat](#)  
by Michelle May, MD

[You are a Badass](#) by Jen Sincero

[The Obesity Code](#) by James Fung, MD

[Women Food and God](#) by Geneen Roth

[Finish](#) by Jon Acuff

[The Gastric Sleeve Bariatric Cookbook](#)  
by Sarah Kent, RDN

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# STUCK AFTER SURGERY RESOURCES

## podcasts

### **Dietitian Connection**

Weight Loss: Treating the mind and the body  
Episode #96 with Psychologist Glenn Mackintosh author of *Thinsanity*

### **BariNation**

Consistency is Key with @katie.vsg

### **The Ed Mylett Show**

No BS Guide to Self Confidence with Lisa Bilyeu, author of *Radical Confidence*

### **The Peter Attia Drive**

*Building & Changing Habits*

Episode #183 with James Clear, author of *Atomic Habits*

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