

# Houston Weight Loss Surgery Book Offers Encouraging Advice For Long Term Weight Loss Success

HOUSTON, TX, USA, August 2, 2013 /EINPresswire.com/ -- Dr. Clifton Thomas, an author and weight loss surgeon in Houston, TX has written the bestselling book "Skinny Jeans...at Last!" as way of helping and encouraging weight loss surgery patients achieve success.



What does fitting into those skinny jeans really mean?"

*Clifton Thomas MD*

Local [Houston weight loss surgery](#) Doctor and author Clifton Thomas is now giving out copies of his bestselling book "Skinny Jeans... at Last!" Copies of "Skinny Jeans...at Last" are available for anyone stopping by the Houston office.

Dr. Clifton Thomas, an experienced bariatric surgeon with over 13 years experience, was one of the first few in Texas to do laparoscopic gastric bypass, to begin doing the lap band, and more recently the [weight loss surgery sleeve](#) gastrectomy.

As an expert on nutrition and exercise, Dr. Thomas believes the secret to long-term weight loss success is locking in a small number of eating rules. Surgery is just a tool to help you lock in these habits.

The [weight loss surgery Houston](#) office visits afterward focuses on these habits and any areas of struggle.

Dr. Thomas has a unique "one on one" approach to help patients lock in these habits.

In the book "Skinny Jeans...at Last!" he shares how helping clients to tap into the emotional side to losing weight, can open the door to long term weight loss success. He presents a number of stories that will help and inspire weight loss surgery patients achieve that success that is often so elusive.

Download the audio version of Dr. Clifton Thomas's new weight loss surgery book by visiting <http://cliftonthomasmd.com/get-the-skinny-jeans-at-last-book-free/>.

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