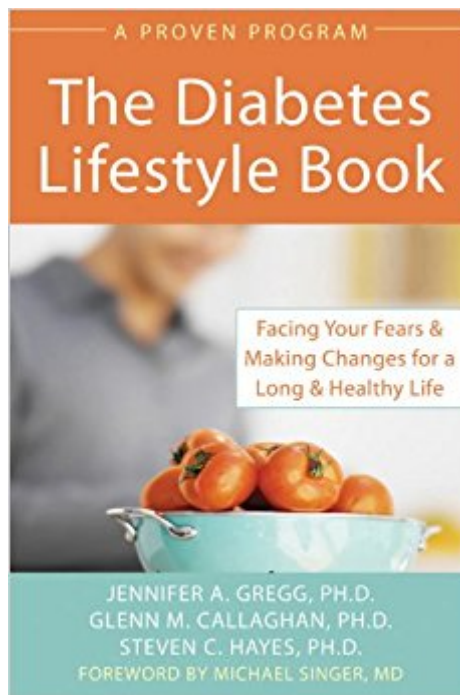




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Diabetes Lifestyle Book: Facing Your Fears And Making Changes For A Long And Healthy Life



Synopsis

Youâ™ve been diagnosed with diabetes. Now what? Your doctor has given you directions on what you can do to control your blood sugar. Now you need to find a way to commit to smart choices for better health. And you need to deal with some uncomfortable feelings that might arise in the process. This book offers a powerful and proven new approach that can help you make it happen. Based on new research using acceptance and commitment therapy (ACT), a bold new direction in psychology, these techniques will help you move past cravings, find motivation to exercise, and manage anxiety that you might feel when you test your blood sugar level. Youâ™ll learn how to embrace the changes youâ™ll need to make in order to jumpstart your new, healthful lifestyle.

Book Information

Paperback: 240 pages

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Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,178,785 in Books (See Top 100 in Books) #92 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #10999 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments

Customer Reviews

Diabetes is a modern day epidemic not likely to be cured in the near future by medical science. Gregg and colleagues have put together a coherent, compassionate, and useable guide for those suffering with diabetes which not only outlines processes involved in living successfully with diabetes, but processes involved in living successfully with the many difficult things that are so often involved in the business of being a human being. â "Kevin Vowles, Ph.D., clinical psychologist with both Pain Management Unit Royal National Hospital for Rheumatic Diseases and the University of Bath

Acceptance and commitment therapy (ACT) has proven dramatically effective at helping individuals

with type 2 diabetes make lasting lifestyle changes necessary for their continued good health. This book develops the result of current research on ACT and diabetes into a radical new approach readers can use to keep the disease in check and get the most out of their lives.

The author walks you through looking at how diabetes has affected your life and dreams, and encourages you to choose how you will live with diabetes. Not just food and exercise and medicine.

This is an excellent book. It is written in layman's term. Another word, it is very easy to read and understand. This book is kept simple. Nothing complicated. Keep it simple!:)

Simply stated, every newly diagnosed diabetic should read and would substantially benefit from "The Diabetes Lifestyle Book" which is the collaborative work of clinical psychologist Jennifer A. Gregg (Assistant Professor, Department of Psychology, San Jose State University, San Jose, California), Glenn M. Callaghan (Professor of Psychology, San Jose State University), and Steven C. Hayes (University of Nevada Foundation Professor of Psychology, University of Nevada, Reno). The life-style changes that a diabetes diagnosis compels is often daunting and very difficult to sustain until and unless the diabetics are able to face their fears, voice their concerns, and maintain the changes in their diets, activity levels, and medical services required for a long and healthy life. The psychology, the motivation, the mental management techniques that must go along with changes in diet, medication schedules, and exercise programs are fundamental and precisely the 'how to' information and inspiration provided by "The Diabetes Lifestyle Book". No personal diabetes reading list or community library Health & Medicine reference collection should be without a copy of "The Diabetes Lifestyle Book".

This book has the potential to be a life changer for people with diabetes. It teaches Acceptance and Commitment Therapy (ACT) principles to help people with diabetes come to grips with all the emotions involved with living with diabetes. There's also a lot of good information about the condition itself. I highly recommend this book. I was already familiar with ACT before I read it, but the author does a fine job of teaching some basic ACT concepts. If you're a diabetic, please buy this book! Thank you.

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Diabetes Lifestyle Book: Facing Your Fears and Making Changes for a Long and Healthy Life
Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes

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