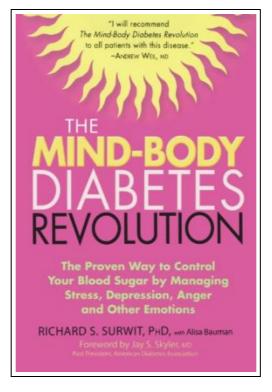
The Mind-Body Diabetes Revolution: The Proven Way to Control Your Blood Sugar by Managing Stress, Depression, Anger and Other Emotions



Filesize: 4.66 MB

Reviews

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Germaine Welch)

THE MIND-BODY DIABETES REVOLUTION: THE PROVEN WAY TO CONTROL YOUR BLOOD SUGAR BY MANAGING STRESS, DEPRESSION, ANGER AND OTHER EMOTIONS



Marlowe & Company. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.2in. x 5.5in. x 0.9in. Diabetes is quickly becoming one of the worlds most serious health epidemics, and researchers are continually searching for new ways to manage the condition beyond the traditional realms of diet, exercise, and medication. Now, Dr. Richard S. Surwit, a leader in the field of the psychology of diabetes, adds the vital fourth component to treating diabetes: a revolutionary mind-body program that lowers blood sugar levels and dramatically reduces diabetes serious and damaging side effects. In The Mind-Body Diabetes Revolution, Dr. Surwit reveals how stress, depression, and anger affect blood sugar levels and offers a step-by-step six-week programbased on twenty years of studyto help the millions of people with diabetes effectively manage their condition. He clearly explains how our moods and emotions can translate into chronic anger, anxiety, and depressionall of which increase blood sugar levels. He provides compelling case studies and a powerfully effective six-week program designed to teach patients how to manage emotions and stress, as well as self-tests and reflective quizzes to help patients determine the best and easiest psychological techniques to help keep blood sugar levels down. By bringing the powers of mind and body together, this is a powerfuland unprecedentedtool for effective diabetes control. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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