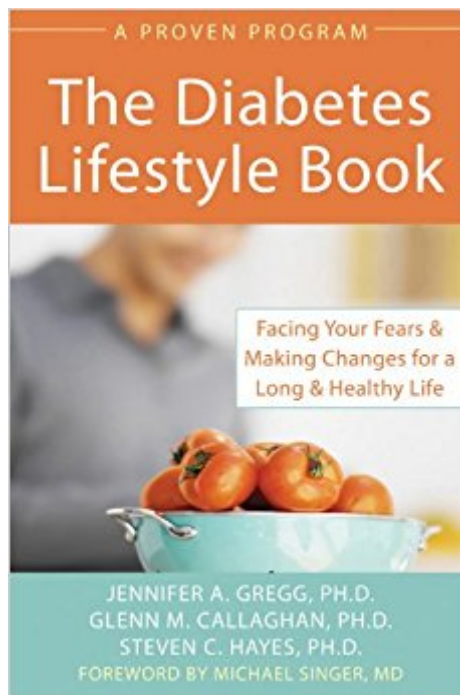




**The book was found**

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



## Synopsis

You'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. You'll learn how to embrace the changes you'll need to make in order to jumpstart your new, healthful lifestyle.

## Book Information

Paperback: 240 pages

Publisher: New Harbinger Publications; 1 edition (September 1, 2007)

Language: English

ISBN-10: 1572245166

ISBN-13: 978-1572245167

Product Dimensions: 9 x 6.4 x 0.6 inches

Shipping Weight: 8.8 ounces

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 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #10999 in 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. •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.

[Download to continue reading...](#)

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

Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Soap Making: 365 Days of Soap Making

(Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Diabetes: Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (How to cure diabetes with healthy living and a diabetes diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)