



The Diabetes Motivation Book: Change One Thing at a Time with the Science of Willpower (Paperback)

By Heidi T Beckman Ph D

Createspace, United States, 2012. Paperback. Book Condition: New. Antoinette Beckman (illustrator). 231 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever heard yourself say, I know exactly what I need to do to manage my diabetes, but I can't make myself do it? If so, this book is for you. When you are diagnosed with diabetes, you are asked to make multiple changes to your lifestyle (eating well, exercising regularly, monitoring blood sugar, and sometimes taking medications or insulin). Individuals with diabetes often acquire all of the knowledge about how to manage their blood sugar, but not surprisingly, they soon find that knowledge is not enough. There is another ingredient that is essential to help you improve your health habits and optimize your ability to cope with diabetes: motivation. Motivation is the fuel that you need to propel yourself toward a healthy life. In this book, Dr. Beckman writes about the well-tested willpower techniques that enhance motivation. She writes about the process of change and helps you find the unique way that you can modify your diabetes habits, one habit at a time. Based on research from the field of health psychology,...



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Reviews

Certainly, this is the finest work by any article writer. It really is full of wisdom and knowledge You will not sense monotony at any time of your own time (that's what catalogs are for concerning should you ask me).

-- **Marion Mann DDS**

The ebook is straightforward in study better to comprehend. It really is simplistic but excitement within the 50 % of the book. I am happy to let you know that here is the very best pdf i have got read during my very own existence and might be the greatest ebook for possibly.

-- **Dr. Brannon Wolf**

Other Books



The Frog Tells Her Side of the Story: Hey God, I'm Having an Awful Vacation in Egypt Thanks to Moses! (Hardback)

Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English . Brand New Book. Oh sure, we ll all heard the story of Moses and the ten plagues of Egypt a hundred times....



Buddy, the First Seeing Eye Dog (Paperback)

Scholastic US, United States, 2014. Paperback. Book Condition: New. Don Bolognese (illustrator). 224 x 150 mm. Language: English . Brand New Book. With inspiring and educational stories, Scholastic's Hello Reader series caters to the spectrum of reading abilities among beginning readers....



Do Monsters Wear Undies Coloring Book: A Rhyming Children's Coloring Book (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A #1 Best Selling Children's Book Is Now A Coloring Book! Parents and...



The Magical Animal Adoption Agency Book 2: The Enchanted Egg (Paperback)

Hyperion, United States, 2016. Paperback. Book Condition: New. Alexandra Boiger (illustrator). 198 x 129 mm. Language: English . Brand New Book. There's a new resident at the Magical Animal Adoption Agency-but this one hasn't hatched yet! Mr. Jams brought home...



Three Simple Rules for Christian Living: Study Book (Paperback)

Abingdon Press, United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Three Simple Rules for Christian Living by Jeanne Torrence Finley and Rueben P. Job This small-group study by Jeanne Torrence Finley is based...



DK Readers L1: Jobs People Do: A Day in the Life of a Teacher (Paperback)

DK Publishing (Dorling Kindersley), United States, 2001. Paperback. Book Condition: New. American.. 224 x 150 mm. Language: English . Brand New Book. This Level 1 book is appropriate for children who are just beginning to read. Ms. Hill brings 28 fish to...