



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

By Ph. D. Richard S. Surwit Ph. D.

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 program based on twenty years of study to 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 depression all 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...



**READ ONLINE**  
[ 4.43 MB ]

### Reviews

*Merely no words to explain. I really could comprehend everything out of this published e ebook. I found out this publication from my dad and i suggested this publication to learn.*

-- **Prof. Margarita Ledner PhD**

*This written pdf is fantastic. It normally is not going to expense a lot of. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Gilbert Stroman**

## Related PDFs



**The Healthy Lunchbox How to Plan Prepare and Pack Stress Free Meals Kids Will Love by American Diabetes Association Staff Marie McLendon and Cristy Shauck 2005 Paperback**

Book Condition: Brand New. Book Condition: Brand New.



**Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]**

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



**Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]**

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



**Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)**

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Klara is a little different from the other cows, because she has a very special...



**Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



**The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds**

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds, Nicola Baxter, Geoff Ball, This is a super-size first reading book for 3-5 year olds, with an engaging story, colourful pictures...