

Stress-free Diabetes: Your Guide To Health And Happiness - Joseph Napora

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Reduce stress and its harmful complications to your disease Diabetes is a stressful disease and only adds stress to our busy lives. Prolonged stress can cause serious and extensive harm to our hearts, kidneys, eyes, nerves, and mental well-being. Learning to manage stress well will help you manage not only your blood glucose levels, but also your life. Stress-Free Diabetes offers a creative, imaginative, and practical approach to stress management. Stress-Free Diabetes covers: Stress and the body and the mind Being emotionally smart Essential people skills Setting realistic goals Staying grounded and mindful Anticipating problems and solving them The importance of humor Author: Napora, Joseph Publisher: American Diabetes Association Illustration: N Language: ENG Title: Stress-Free Diabetes: Your Guide to Health and Happiness Pages: 00310 (Encrypted PDF) On Sale: 2010-03-22 SKU-13/ISBN: 9781580403238 Category: Health & Fitness : Diseases - Diabetes Category: Self-Help : Stress Management Category: Health & Fitness : Healthy Living

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