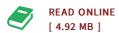




Diabetes, I Ain t Having It!: Diabeaters Lifestyle Solutions Made Simple.

By David Johnson Ph D

Balboa Press, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Diabetes, I Ain t Having It! presents a unique lifestyle regime for those affected by type 2 diabetes. Its suggestions offer substantial health gains for those who want to live their optimal health right now and become Diabeaters. A Diabeater is someone who has diabetes living with them, who refuses to let it control their life, and who is proactive about maintaining their best possible physical and emotional health. Diabetes, I Ain t Having It! highlights effective diabetic healthcare options, encourages greater health independence, and sets out a full range of useful and simple-to-do tips and exercises. The easy-to-read interactive chapters allow for immediate progress. Each chapter is about doing: The Diabeaters Mindset provides the mental preparation for kick-starting the Diabeaters healthier approach to diabetes and life. Recognizing the Symptoms suggests natural solutions for the A-Z of diabetic symptoms presented. A SoupCon of Sabotage focuses on lifestyle activities that help prevent the temptation of diabetic self-sabotage. The Diabeaters Activity Charts allow for easy monitoring of daily progress and help achieve self-directed goals. The Diabeaters Anchor/Trigger Combos offer ways to create feel-good...



Reviews

Very useful to any or all group of folks. It really is rally interesting through reading through period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Mrs. Dorris Wintheiser

Extensive guide! Its such a very good read. I really could comprehended almost everything out of this created e ebook. You will like how the writer write this ebook.

-- Katherine Feil

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Read Write Inc. Phonics: Orange Set 4 Storybook 2 | Think | Want to be a Bee

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good about Yourself

Free Spirit Publishing Inc., U.S. Paperback / softback. Book Condition: new. BRAND NEW, Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good about Yourself, Scott Cooper, What if every kid...



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



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