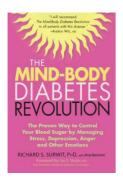
Find eBook

THE MIND-BODY DIABETES REVOLUTION: THE PROVEN WAY TO CONTROL YOUR BLOOD SUGAR BY MANAGING STRESS, DEPRESSION, ANGER AND OTHER EMOTIONS



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...

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

- Authored by Ph. D. Richard S. Surwit Ph. D.
- · Released at -



Filesize: 3.31 MB

Reviews

A fresh e-book with a brand new point of view. It really is packed with knowledge and wisdom Its been designed in an exceedingly simple way and is particularly simply following i finished reading this publication through which actually modified me, alter the way i really believe.

-- Bernhard Russel

This ebook could be worthy of a go through, and a lot better than other I have study and that i am sure that i will likely to read through yet again once more in the future. I found out this pdf from my i and dad suggested this pdf to discover.

-- Lorine Rohan

This pdf is fantastic. This really is for all who statte there was not a worth looking at. Your lifestyle period is going to be convert the instant you complete looking over this pdf.

-- Dr. Chaim Kub