



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

Heidi T. Beckman Ph.D.

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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, the techniques in this book have the power to transform the way you think and behave in relation to your diabetes and the power to ensure good self-care well into the future.

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