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

By Heidi T Beckman Ph D

Createspace, United States, 2012. Paperback. Book Condition: New. Antoinette Beckman (illustrator). 231 x 150 mm.

Language: English . Brand New Book \*\*\*\*\* Print on Demand

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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,...



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