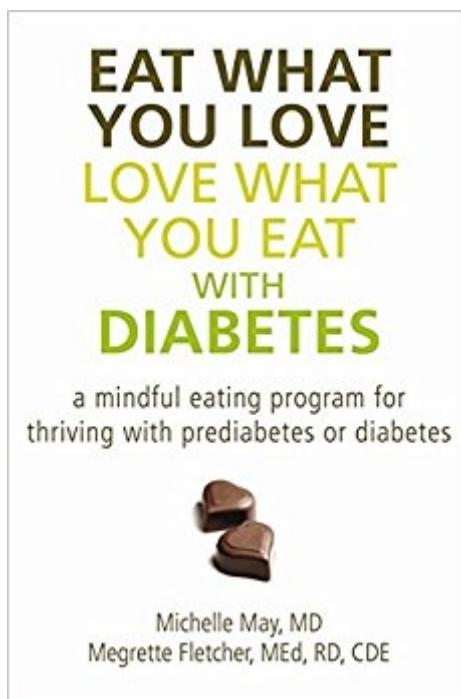


The book was found

Eat What You Love, Love What You Eat With Diabetes: A Mindful Eating Program For Thriving With Prediabetes Or Diabetes



Synopsis

After receiving a diagnosis of pre-diabetes or diabetes, it may seem that the days of "eating what you love" are over. Understanding dietary changes, blood glucose monitoring, and prevention of complications can feel scary and overwhelming. *Eat What You Love, Love What You Eat* with Diabetes builds on the principles in Michelle May's *Eat What You Love, Love What You Eat* to help readers with diabetes reduce their anxiety about diabetes self-management. Even people with diabetes can eat what they love, using awareness and intention to guide them. This book helps readers discover how eating and physical activity affect their blood sugar so that they can make decisions that support their good health without sacrificing delicious meals or dinner out with friends. This four-part system helps readers think, nourish, care, and live with diabetes - without restriction or guilt - to discover optimal health and the vibrant life they crave.

Book Information

Paperback: 256 pages

Publisher: New Harbinger Publications; 1 edition (April 1, 2012)

Language: English

ISBN-10: 9781608822454

ISBN-13: 978-1608822454

ASIN: 1608822451

Product Dimensions: 8.9 x 6 x 0.6 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 49 customer reviews

Best Sellers Rank: #56,454 in Books (See Top 100 in Books) #49 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #64 in Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #419 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

This groundbreaking book offers an entirely new program for managing diabetes while maintaining a healthy lifestyle. With mindfulness as the core element, *Eat What You Love, Love What You Eat* with Diabetes is a comprehensive guidebook designed to create long-term, sustainable, and life-enhancing strategies for those who are living with diabetes. Authors Michelle May and Megrette Fletcher seamlessly integrate mindful eating concepts with cutting-edge research, stories, visuals, and self-care practices. The result? A comprehensive, compelling, and well-structured program that

inspires, motivates, and teaches. This program is sure to increase mindful self-awareness, fulfillment, and the power of healthy choice. Donald Altman, MA, LPC, author of One-Minute Mindfulness and Meal By Meal What Michelle May and Megrette Fletcher have done so well is to extend the benefits of mindfulness to those whose lives depend on cultivating awareness of their bodies and their actions. Brian M. Shelley MD, wellness director, First Choice Community Healthcare, Albuquerque, NM Eat What You Love, Love What You Eat with Diabetes will be beneficial to anyone with a diagnosis of diabetes or insulin resistance (prediabetes). Often, these diagnoses come with dietary rules that set many into a restrictive mindset that not only takes all the joy away from eating, but could actually send them into a restrict-binge cycle with carbohydrates. This book presents a rational program to manage diabetes without anxiety. One can truly make peace with food, eating, weight, and activity. Reba Sloan, MPH, LRD, FAED, licensed registered dietitian in Nashville, TN If you're committed to changing your relationship with food but nothing you've tried before has stuck, look here. Michelle May and Megrette Fletcher take you on a guided tour of mindful eating. You'll begin to taste your food again and enjoy it more while being satisfied with less. Riva Greenberg, author of 50 Diabetes Myths That Can Ruin Your Life and The ABCs Of Loving Yourself With Diabetes Michelle May and Megrette Fletcher have produced a brilliantly clear resource for stopping the downward spiral. What a truly compassionate, humanistic, mindfulness-powered manual for fearless instinctive eating! Pavel Somov, PhD, author of Eating the Moment and Reinventing the Meal Eat What You Love, Love What You Eat with Diabetes is a refreshing and compassionate approach to managing diabetes that uses mindfulness to empower the patient. Readers will enjoy the friendly and straightforward writing style, which offers practical tips that might be surprising. --Evelyn Tribole, MS, RD, coauthor of Intuitive Eating There are no food police in this skillful extension of Michelle May's book Eat What You Love, Love What You Eat for individuals living with diabetes. Mindful eating provides a new path to truly enjoying eating and food without struggle or guilt. The book provides the foundation for eating mindfully woven together with Megrette Fletcher's wisdom as a dietitian. Jean Kristeller, PhD, developer of Mindfulness-Based Eating Awareness Training and cofounder of The Center for Mindful Eating Eat What You Love, Love What You Eat with Diabetes is a revolutionary approach to eating for people working with the challenges of diabetes. This book helps transform those challenges into adventures of exploration and discovery. Too often, diabetes treatment makes people feel overwhelmed and locked in by rigid dietary restrictions. When eating is persistently flavored with anxiety, people lose track of the natural pleasure and joy of eating. This very readable book has many helpful hints and exercises to help guide people with diabetes back to a sense of balance and

ease with food and eating. I enthusiastically endorse it for those with diabetes and their families.

--Jan Bays MD, author *Mindful Eating* These authors present a compassionate, healing approach for all those who manage diabetes on a daily basis. This easy-to-read book teaches practical, life-changing strategies for taking charge of your health and taking care of yourself in a mindful way.

--Susan Albers, PsyD, clinical psychologist at the Cleveland Clinic and author of *Eating Mindfully* and *50 Ways to Soothe Yourself Without Food*

Michelle May, MD, is a recovered yoyo dieter and founder of Am I Hungry?® mindful eating workshops and facilitator training program (AmIHungry.com). She empowers individuals to end mindless and emotional eating without deprivation or guilt. An inspirational speaker and author, her passion and insight stem from her own personal struggles with dieting and her professional experiences helping thousands of people eat what they love and love what they eat. Megrette Fletcher, MEd, RD, CDE, is a registered dietitian, certified diabetes educator, and internationally recognized mindful eating expert living north of Boston, MA. She is cofounder of The Center for Mindful Eating. tcme.org

I found this book to be interesting and gave perspective on eating for diabetics. I would recommend it.

Good approach. Excellent work.

I am concerned about my health and diabetes. I do not have diabetes but it can happen to me, so I read this book. It covered a lot of helpful information. If anyone is pre diabetic they should read this book. Very encouraging to all about your health.

This book really breaks down the reasons for eating and what role it plays in you life-being a diabetic or not! GREAT for anyone needing to re-evaluate their relationship with food!

I Guess I need more structure to keep my glucose numbers under control. The book also seemed contradictory at times.

This is another book in the Dr Michelle May collection. I own them all. Mindful, healthy eating is really what we all need to do. I'm glad she continues to write.

Lots of great information, not only on what is good to eat but how to eat....mindfully. Always being aware when you eat and not just eating without any thought. I will reread parts of this often to make sure I stay aware.

The best book I have ever read on the subject. It has guided me in understanding the condition and making better decisions to take care of myself.

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