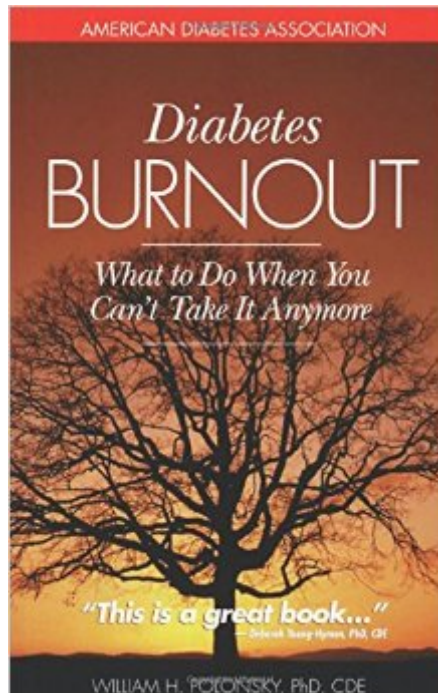


The book was found

# Diabetes Burnout: What To Do When You Can't Take It Anymore



## Synopsis

Living with diabetes is hard. It's easy to get discouraged, frustrated, and burned out. Here's an author that understands the emotional rollercoaster and gives you the tools you need to keep from being overwhelmed, addressing such issues as dealing with friends and family, and how you can better handle the stress for better health. Written with compassion and a sprinkle of humor.

## Book Information

Paperback: 348 pages

Publisher: American Diabetes Association; 1 edition (November 1, 1999)

Language: English

ISBN-10: 1580400337

ISBN-13: 978-1580400336

Product Dimensions: 0.8 x 5.8 x 8.8 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (58 customer reviews)

Best Sellers Rank: #147,726 in Books (See Top 100 in Books) #16 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #205 inÂ Books > Health, Fitness & Dieting > Mental Health > Depression #537 inÂ Books > Self-Help > Stress Management

## Customer Reviews

When I picked up Diabetes Burnout, I was truly amazed. Dr. Polonsky understands that there are "barriers to self-care," real life problems and situations that get in the way of doing what's best for our bodies. He knows that people make a cost/benefit analysis when it comes to self-care. If the behavior is too hard or too unpleasant, and the rewards don't seem worth it, we're not going to consistently exercise, check sugars, or eat what we're supposed to. This problem is not just true for people with diabetes. It applies to anyone with chronic illness, or really, to anybody at all. I knew about this from living with multiple sclerosis, and I wrote about it in my book. But I didn't think anybody else had developed these ideas. I was sure Dr. Polonsky must have some kind of chronic condition himself, because he knows what it's like. But he doesn't have an illness. He's just very insightful. I really like the humor in this book. I know some reviewers accuse him of being "cutesy" or Disneyfying diabetes, but I think being able to laugh at your situation helps, even when it's really painful. His description of "werewolf eating" and "Diabetes police" are highly evocative -- they get the point across. I don't think he's talking down to anyone -- he has compassion for people's struggles and wants us to feel better. It's true that Diabetes Burnout does not cite its sources very

well and doesn't contain a lot of specific info on diets or other self-care practices. But that's not its purpose. He is giving tools for identifying and overcoming our barriers -- social, practical, psychological or economic.

[Download to continue reading...](#)

Diabetes Burnout: What to Do When You Can't Take It Anymore Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Diabetes: Reverse Diabetes With Proven

Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Your Diabetes NOW! How To Take Control of Your Blood Sugar Easy and Fast!: Reverse Diabetes Forever (Type 2 Diabetes Cure Book 1) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health)

[Dmca](#)