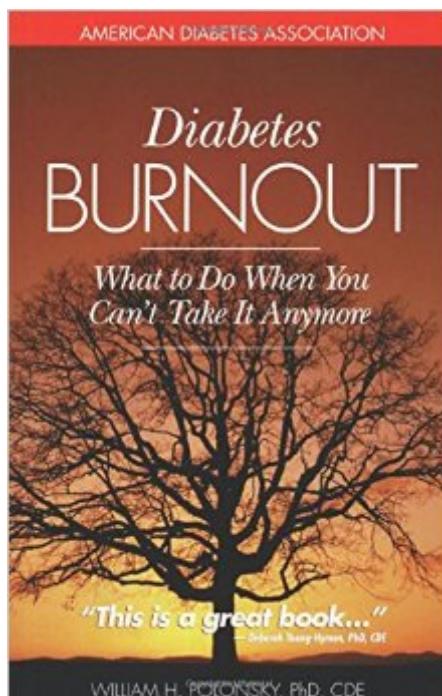


The book was found

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

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Average Customer Review: 4.4 out of 5 starsÂ 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.

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