



The Way of Wisdom for Diabetes: Cope with Stress, Move More, Lose Weight and Keep Hope Alive

M.S., Kenneth R. Ellis

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Unlike hundreds of other books written about managing diabetes, this one is from a perspective of managing it with the use of God's wisdom (skill for living).

The purpose of The Way of Wisdom is to introduce fundamental principles for living from the book of Proverbs. These proverbs encourage hope, provide strength, and give motivation on a daily basis!

What is the best meal plan to feel good and maintain appropriate blood glucose levels?

This book includes information on carb counting, about feeling full while still losing weight (volumetrics), and on using the glycemic index and glycemic load for foods. The importance of the timing of when to eat and move to maintain good blood glucose levels is presented.

This book teaches how to build habits for coping with stress, moving more, losing weight and overall better health and well-being!

Such habits will provide a foundation for a positive attitude and life of gratitude that looks on the brighter side of life. Health benefits of gratitude are scientifically researched and daily applications of gratitude are embraced.

Uplifting and encouraging examples are included of real people who succeeded while facing unbelievable challenges.

Humorous, as well as heart-breaking stories, illustrate how relevant these action plans are for better well-being. Impelling guidelines based upon a step-by-step approach are taught for Type 1 and Type 2 diabetes self-management!

The Way of Wisdom is written to provide motivation, not for just a day, but for a lifetime!

The strategies in this book are not just theoretical, intellectual ideas. **I've proven these strategies are essential skills in my personal diabetes management for five decades!**

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From reader reviews:

Mary McKay:

Now a day people who Living in the era exactly where everything reachable by connect with the internet and the resources within it can be true or not demand people to be aware of each data they get. How many people to be smart in getting any information nowadays? Of course the answer then is reading a book. Reading through a book can help persons out of this uncertainty Information specially this The Way of Wisdom for Diabetes: Cope with Stress, Move More, Lose Weight and Keep Hope Alive book since this book offers you rich info and knowledge. Of course the data in this book hundred per cent guarantees there is no doubt in it as you know.

Lori Roth:

The book untitled The Way of Wisdom for Diabetes: Cope with Stress, Move More, Lose Weight and Keep Hope Alive contain a lot of information on that. The writer explains the woman idea with easy way. The language is very clear to see all the people, so do not worry, you can easy to read it. The book was published by famous author. The author gives you in the new period of time of literary works. You can read this book because you can please read on your smart phone, or device, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open up their official web-site along with order it. Have a nice examine.

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Suzanne Robbins:

Many people said that they feel uninterested when they reading a guide. They are directly felt this when they get a half elements of the book. You can choose often the book The Way of Wisdom for Diabetes: Cope with Stress, Move More, Lose Weight and Keep Hope Alive to make your personal reading is interesting. Your personal skill of reading skill is developing when you such as reading. Try to choose easy book to make you enjoy to study it and mingle the idea about book and reading through especially. It is to be initial opinion for you to like to start a book and study it. Beside that the publication The Way of Wisdom for Diabetes: Cope with Stress, Move More, Lose Weight and Keep Hope Alive can to be your new friend when you're sense

alone and confuse with the information must you're doing of their time.

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