



The Mind-Body Diabetes Revolution: The Proven Way to Control Your Blood Sugar by Managing Stress, Depression, Anger and Other Emotions (Marlowe Diabetes Library)

Ph.D. Richard S. Surwit Ph.D.

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Diabetes is quickly becoming one of the world's most serious health epidemics, and researchers are continually searching for new ways to manage the condition beyond the traditional realms of diet, exercise, and medication. Now, Dr. Richard S. Surwit, a leader in the field of the psychology of diabetes, adds the vital fourth component to treating diabetes: a revolutionary mind-body program that lowers blood sugar levels and dramatically reduces diabetes' serious and damaging side effects. In *The Mind-Body Diabetes Revolution*, Dr. Surwit reveals how stress, depression, and anger affect blood sugar levels and offers a step-by-step six-week program—based on twenty years of study—to help the millions of people with diabetes effectively manage their condition. He clearly explains how our moods and emotions can translate into chronic anger, anxiety, and depression—all of which increase blood sugar levels. He provides compelling case studies and a powerfully effective six-week program designed to teach patients how to manage emotions and stress, as well as self-tests and reflective quizzes to help patients determine the best and easiest psychological techniques to help keep blood sugar levels down. By bringing the powers of mind and body together, this is a powerful—and unprecedented—tool for effective diabetes control.

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