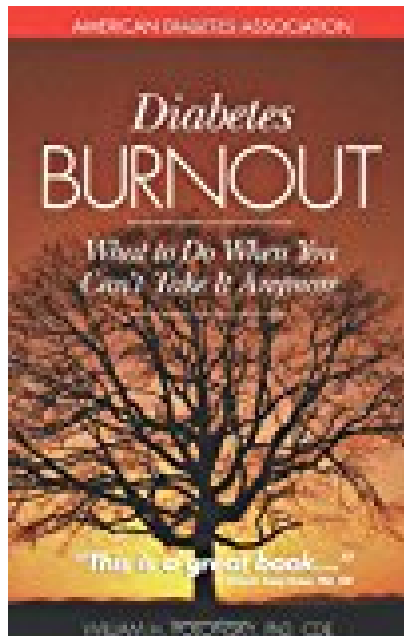


# Diabetes Burnout What to Do When You Cant Take It Anymore

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## BOOK DETAILS

- Author : William H. Polonsky Ph.D.
- Pages : 348 Pages
- Publisher : American Diabetes Association
- Language : English
- ISBN : 1580400337

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## **BOOK SYNOPSIS**

Diabetes Burnout is an interactive book that addresses the emotional issues that contribute to poor glycemic control and provides guidance to overcoming the barriers to good self-care. Worksheets help you assess your current state of motivation and establish a successful plan of action. This book addresses not only your frustrations, but also how burnout may contribute to poor self-care, high blood glucose & later complications. A series of interactive questionnaires and self-evaluations guide you toward overcoming barriers to good control.

### **DIABETES BURNOUT WHAT TO DO WHEN YOU CANT TAKE IT ANYMORE -**

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