



# **Eat What You Love, Love What You Eat with Diabetes: A Mindful Eating Program for Thriving with Prediabetes or Diabetes**

*Michelle May, Megrette Fletcher*

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After receiving a diagnosis of pre-diabetes or diabetes, it may seem that the days of "eating what you love" are over. Understanding dietary changes, blood glucose monitoring, and prevention of complications can feel scary and overwhelming. *Eat What You Love, Love What You Eat with Diabetes* builds on the principles in Michelle May's *Eat What You Love, Love What You Eat* to help readers with diabetes reduce their anxiety about diabetes self-management. Even people with diabetes can eat what they love, using awareness and intention to guide them. This book helps readers discover how eating and physical activity affect their blood sugar so that they can make decisions that support their good health without sacrificing delicious meals or dinner out with friends. This four-part system helps readers think, nourish, care, and live with diabetes - without restriction or guilt - to discover optimal health and the vibrant life they crave.

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