



# Diabetes and Wellbeing: Managing the Psychological and Emotional Challenges of Diabetes Types 1 and 2

*Jen Nash*

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## Diabetes and Wellbeing: Managing the Psychological and Emotional Challenges of Diabetes Types 1 and 2 Jen Nash

*Diabetes and Wellbeing* presents a range of effective psychological principles proven to positively impact the emotional wellbeing of individuals with type 1 and 2 diabetes. The guide takes an explicitly CBT approach to motivate sufferers in essential self-care tasks.

- Written in a practical style, for those newly diagnosed with diabetes, individuals managing its challenges for many years, and healthcare professionals
- Reveals how the stress of daily diabetes management can affect an individual's ability to stay motivated and engaged in essential self-care tasks that are vital for good health
- Presents proven techniques for improving emotional wellbeing
- First book to take an explicitly CBT approach to diabetes, simultaneously drawing on solution-focused behavioural therapy and mindfulness approaches
- Fills the gap information of this kind among healthcare professionals and individuals with diabetes

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