



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

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After receiving a diagnosis of prediabetes or diabetes, you may believe that the days of eating what you love are over. Between making lifestyle changes, monitoring your blood glucose levels, and preventing complications, it's only natural to feel overwhelmed. The good news is that you can take charge of your diabetes self-management without deprivation or guilt.

*Eat What You Love, Love What You Eat with Diabetes* by Michelle May builds on the mindfulness principles originally provided in her groundbreaking book, *Eat What You Love, Love What You Eat*—principles that can help you live and eat with awareness and intention. In this book, you will learn how to change the way you think about food, how to plan meals mindfully, how to manage medications, and how to be more flexible in managing your condition.

This unique book is a comprehensive, mindfulness-based guide to understanding and managing prediabetes and diabetes. The practical mind-body approaches you'll find within its pages help to shift the conversation from rigid nutrition rules and strict exercise regimens to awareness of beliefs, thoughts, physical states, and habits for long-term lifestyle change. By learning how to make decisions mindfully, you can thrive with diabetes and take an active role in your diabetes care.

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