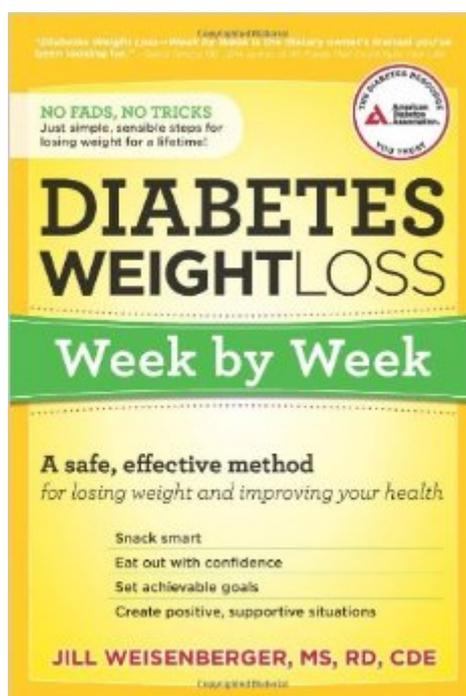


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# Diabetes Weight Loss: Week By Week: A Safe, Effective Method For Losing Weight And Improving Your Health



## Synopsis

More than 23 million adult Americans have diabetes. More than two-thirds of American adults with type 2 diabetes are significantly overweight or obese. The majority of overweight people have tried unsuccessfully to lose weight one or more times, only to regain it within months. They know that losing weight can improve their health; they just need to know how to make it happen and how to keep those pounds off. *Diabetes Weight Loss "Week by Week"* guides people with diabetes through the steps toward lasting weight loss, better health, and possibly improved blood glucose control. With a week-by-week approach and emphasis on incremental changes, readers gain the knowledge, skills, and confidence required for permanent weight loss and lifestyle change. Readers also learn from the triumphs of others by reading their brief stories, and the included recipes show how to bring healthy meals into the house.

## Book Information

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## Customer Reviews

I think this book has some good information. It is, however, almost impossible to read on the kindle. Try to read the following: Page after page in some sections have a few letters or words per line bracketed by vertical lines.

Many people are wanting to improve their eating and other health habits, to improve their diabetes management. There is so much conflicting information, that I find people are very scared of nutrition advice. I am a dietitian and I've been looking for a book like this, meaningful and based on modern

science and psychology. I am already recommending this book to patients, caregivers, family members, friends, relatives and co-workers. This book is based on the current view of diabetes education. It is open-minded, comprehensive and it is broken down into understandable chunks, in the form of weeks. If a reader wants to explore a concept, there is a plethora of reference material cited. It seems to hit on the questions and challenges that cause people the most concern. Caregivers and people with diabetes are replete with information, albeit conflicting, about restrictions in the diet. This book nicely changes the paradigm and focuses on what to eat, how to make it more wonderful and healthy, and how to be empowered to take back eating enjoyment. Thank you Ms. Weisenberger, MS, RD, CDE, for the great tool.

As a registered dietitian, I frequently get asked for recommendations for books about managing diabetes. This book is now top of my list! I love the way Jill presents all the topics in a logical format - calories first, since it's the most important....then, into topics such as carbohydrates, reading labels, what to eat for breakfast, building muscle, and eating out, too! There's recipes and meal plans, too! The stories from actual clients are also very motivating.

I bought this book to give me the theories and education on how to do a permanent lifestyle change on eating. In 2 1/2 weeks I've lost 10 pounds. Even though I'm not diabetic I'm susceptible to it because of organ transplant. I wish they taught this in high school when people are forming their attitudes about how and what to eat. This book is exactly what I was looking for, and I recommend it for anyone.

This book was just what I needed to start losing weight the healthy way. I'm losing weight, getting my diabetes back in control, and keeping the weight off. The chapters are short, easy to read, and really lead you to set goals that you can stick with. I highly recommend this book for anyone trying to lose weight, whether they have diabetes or not.

Jill has put together a very usable guide for anyone looking for sensible advice on healthier eating and weight loss. The Week by Week format serves up doable objectives, but not too much to get you overwhelmed. I also really like Jill's crisp concise writing style -- there's no beating around the bush or mincing words! Instead the book is chock-full of clear statements that speak the truth, such as, "Food records work," "The truth is there's probably no best diet," and "Limiting your portions might be one of your most important strategies." As a weight management specialist with 20 years

of experience, I'm confident that with Diabetes Weight Loss Week by Week you'll learn how to start from wherever you're at, and gradually tweak your eating (and activity) habits so that one day you'll look back with amazement at how far you've come! Dorene Robinson, RD CDN

As a registered dietitian and certified diabetes educator for close to 30 years, it can be a challenge to find concise and practical nutrition references for those struggling with both diabetes and weight management. This book is a wonderful new resource that I won't hesitate to recommend to my patients and clients. It's just the right size - small enough to be portable and used as a reference throughout the day, but packed with reliable and credible nutrition and fitness guidance to address just about every diabetes and weight management concern. I'll be passing this book around to my diabetes classes and support groups and I'm sure this will be a handy resource for anyone who has diabetes, as well as for those who would like to reduce their risk of diabetes. Even if you don't have diabetes, this is a great value and guide towards healthier living.

Managing weight and diabetes can be very overwhelming. Jill Weisenberger has done an excellent job breaking the process down into week-by-week steps that are more feasible for readers.

Following this plan allows readers to make safe, healthy, gradual changes to health habits that can be sustained long-term. The book is a complete program with recipes, meal plans, and forms to track your progress. Jill's approach recognizes the challenges people face in day-to-day living and offers realistic strategies backed by sound scientific research to make lasting behavior change.

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