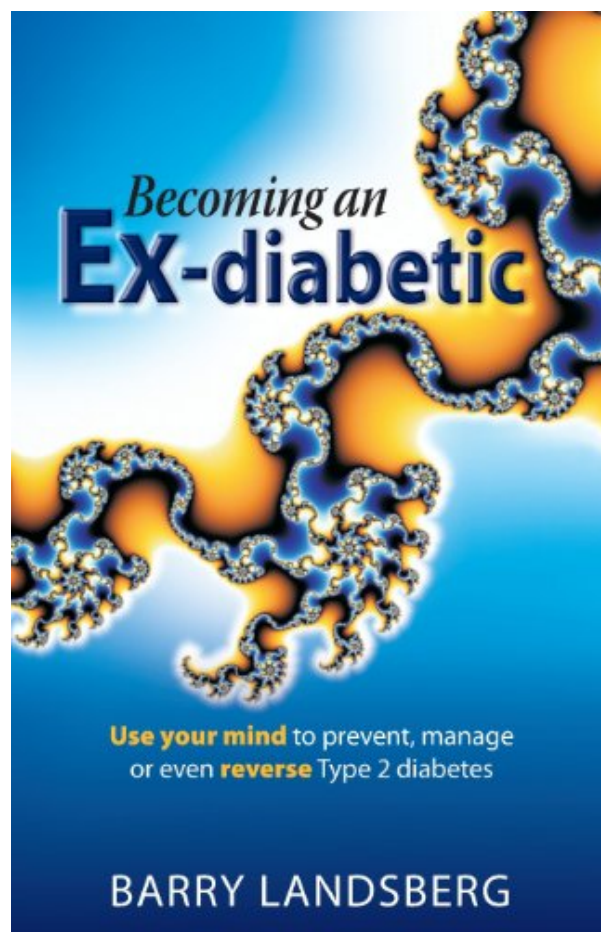
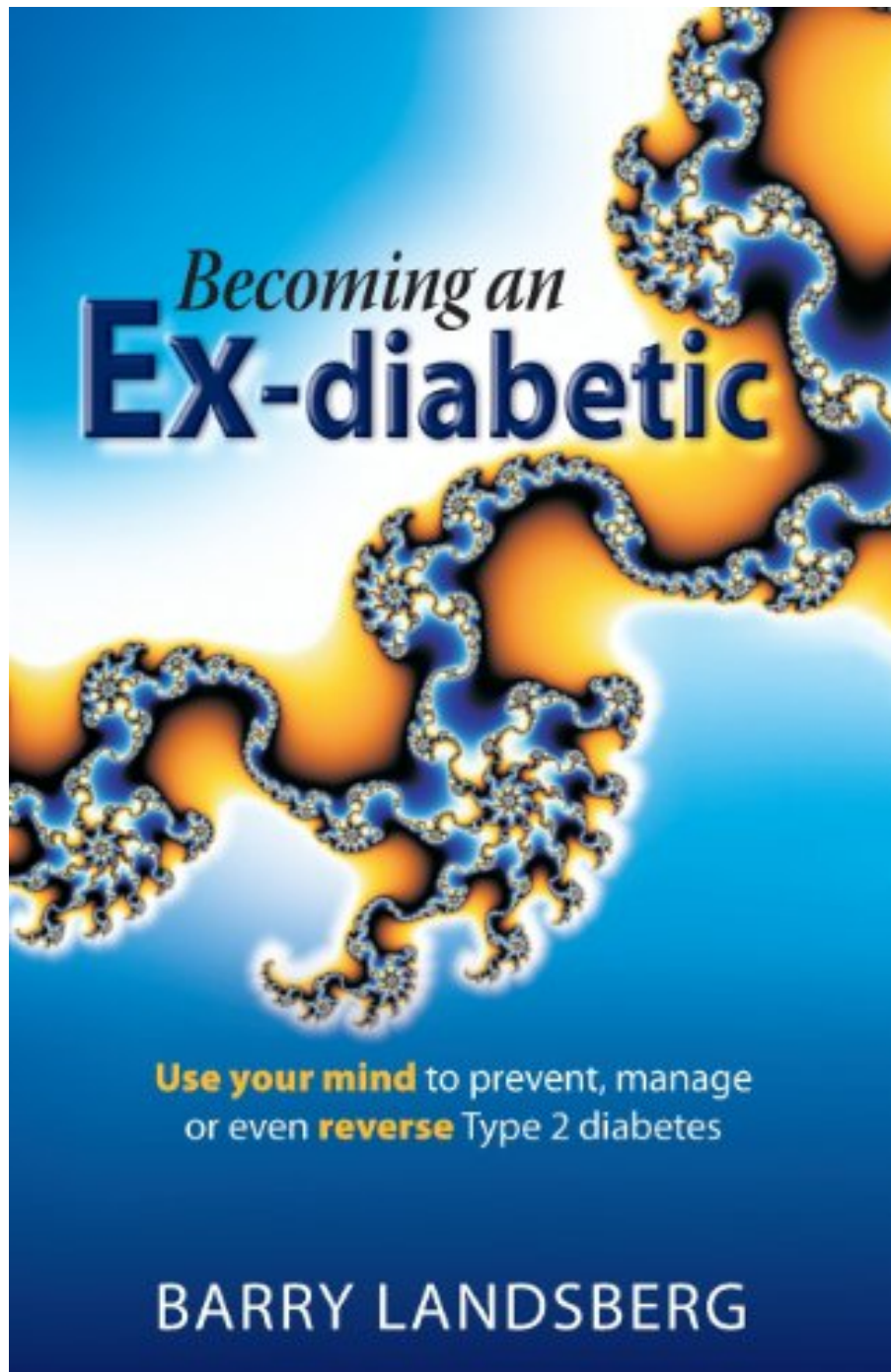


**BECOMING AN EX-DIABETIC: USE YOUR
MIND TO PREVENT, MANAGE OR EVEN
REVERSE TYPE 2 DIABETES BY BARRY
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As one of the window to open the new world, this *Becoming An Ex-Diabetic: Use Your Mind To Prevent, Manage Or Even Reverse Type 2 Diabetes By Barry Landsberg* supplies its fantastic writing from the author. Published in one of the popular authors, this book *Becoming An Ex-Diabetic: Use Your Mind To Prevent, Manage Or Even Reverse Type 2 Diabetes By Barry Landsberg* turned into one of the most wanted publications just recently. In fact, the book will certainly not matter if that *Becoming An Ex-Diabetic: Use Your Mind To Prevent, Manage Or Even Reverse Type 2 Diabetes By Barry Landsberg* is a best seller or not. Every book will still offer ideal resources to get the viewers all finest.

About the Author

For most of his life, Barry was totally obsessed with food and absolutely loathed exercise. Stuck with the belief that he would be obese for the rest of his life, he had totally given up and did not take care of his health in any way. However, at the age of 50 he was diagnosed with Type 2 diabetes. At that point he decided to take responsibility for dealing with it. Barry is now slim, fit and living a much healthier lifestyle. His blood sugar has been at a very healthy level for over ten years without the use of medication, and as a result he has now been removed from the diabetic register. Barry's approach was to change his thinking in a way that supports a long-term lifestyle change. He built some mental tools that underpin a successful weight loss and regain a healthy blood sugar level. The eating and activity changes followed naturally and easily. He has written this book to empower people to overcome obesity and diabetes, and to inspire people to take action to prevent them.

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The modern world is facing an explosion of obesity, diabetes and poor health in general, fuelled by modern lifestyles. Type 2 diabetes is a growing problem which can affect both obesity and health in general, even in its very early stages. Yet in many cases it is totally avoidable. Becoming an Ex-diabetic is written for anyone who has concerns over their weight or blood sugar.

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- 176 pages

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Most helpful customer reviews

0 of 0 people found the following review helpful.

Valuable Information - Easy to Read

By C. Sutton

I bought the book because my Mother has Type 2 diabetes and thought it would be a nice gift for her. Interestingly enough there was valuable information in the book for myself to avoid Type 2 diabetes as it could be genetically passed. Barry's personal story kept me interested in the book and made, what could have been a boring subject, interesting, easy to read and not overly technical. He is truly an inspiration to others.

He didn't suggest strict guidelines of you CAN'T or SHOULDN'T do, but more solutions on how you can literally and figuratively, have your cake and eat it to.

I think this book is something that doctors should give their patients when they find out they are diagnosed with Type 2 diabetes, or even if they are at risk of contracting it. Even if the doctor doesn't offer it as part of their outpatient packet, it could be on a list of helpful books to read. It has many helpful suggestions to make it easier to handle Type 2 diabetes in a way that respects your desired lifestyle as much as possible.

1 of 1 people found the following review helpful.

Grounded in effective NLP principles

By je3

This is a well-researched and clearly explained book, Barry doesn't preach, he guides with practical tips which had me thinking, "I really could do that!" His mental tools are grounded in effective NLP principles (without the jargon) and he presents his own story of transition from super-sized to slim and fit.

Barry clearly has a niche in having become an ex-diabetic - but I suspect that this book has a lot to offer anyone who is stuck in some of the less healthy habits of a modern lifestyle (and I guess that's many of us). I like the gentle approach to changing habits and the concept of 'ratcheting', how little changes accumulate to make big differences and how they make those differences stick.

From Barry's story, I believe that becoming an ex-diabetic (or even avoiding becoming a pre-diabetic) is entirely achievable. Inspiring!

1 of 1 people found the following review helpful.

Definitely worth a read

By Kevin Ward

Written as an account of a personal journey, this book is more powerful than the usual prescriptive "follow these rules and everything will be fine" variety.

The author lays out a few simple guidelines with the objective of being sustainable rather than goal-oriented. Sure they also help you reach your goal, but more importantly MAINTAIN it once you're there.

There's no magic between these covers. No miracle method. Just simple, easy to understand - and therefore accept - information. When people understand WHY things happen, it's easier to understand what needs to change if you're looking for a specific outcome. He explains why people often end up heavier than before when they diet then stop dieting; why cutting out a meal in order to lose weight is counter-productive, and several other "aha" facts that may explain things you've seen or experienced in the past.

We're all repeatedly told that being overweight heightens your risk of Type 2 diabetes. But what of the reverse? What if insulin resistance (Type 2's signature) causes people to become overweight?

Understanding what insulin resistance is, and how to minimise that occurring is a healthy thing to pursue. If you happen to lose weight and get fitter along the way... all to the good!(less)

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