**DESCRIPTION**

*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
Dr. Jen Nash is a Clinical Psychologist living with diabetes since childhood. She is the founder and director of Positive Diabetes (www.PositiveDiabetes.com), an international service-providing therapy, education and training services to promote the psychological wellbeing of people living with type 1 and type 2 diabetes. She is also a keynote speaker for national diabetes charities, trainer for NHS professionals, consultant to leading diabetes pharmaceutical companies, and co-author of *My Sweet Life: Successful Women with Diabetes* (2011).

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