



Prediabetes Wake-Up Call: A Personal Road Map to Prevent Diabetes

Beth Ann Petro Roybal

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With prediabetes at epidemic levels, millions of people are being told by their doctor to take personal action now, before it's too late. *Prediabetes Wake-Up Call* provides the newly diagnosed patient with detailed information about the threat of type 2 diabetes while explaining the lifestyle changes that will lower the risk of prediabetes developing into diabetes.

Prediabetes Wake-Up Call describes the facts about diabetes and includes assessment checklists and charts to help readers identify areas of relative risk. Then the author details specific strategies to address each risk factor, including weight management, exercise, and food choices, plus less-obvious strategies such as formulating new attitudes towards healthy living. Written for a lay reader, *Prediabetes Wake-Up Call* offers guidance, sets goals, and provides the reassurance necessary for readers to start getting healthier today.

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From reader reviews:

Elvia Wirtz:

The book Prediabetes Wake-Up Call: A Personal Road Map to Prevent Diabetes has a lot associated with on it. So when you check out this book you can get a lot of advantage. The book was published by the very famous author. Tom makes some research previous to write this book. This book very easy to read you can get the point easily after reading this article book.

Robin Martz:

Reading a book being new life style in this year; every people loves to examine a book. When you study a book you can get a lot of benefit. When you read textbooks, you can improve your knowledge, simply because book has a lot of information onto it. The information that you will get depend on what types of book that you have read. If you want to get information about your review, you can read education books, but if you act like you want to entertain yourself read a fiction books, these us novel, comics, as well as soon. The Prediabetes Wake-Up Call: A Personal Road Map to Prevent Diabetes offer you a new experience in examining a book.

Edmund Morrissette:

In this era globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher this print many kinds of book. The particular book that recommended to your account is Prediabetes Wake-Up Call: A Personal Road Map to Prevent Diabetes this e-book consist a lot of the information in the condition of this world now. This book was represented how does the world has grown up. The dialect styles that writer value to explain it is easy to understand. The actual writer made some analysis when he makes this book. This is why this book ideal all of you.

Raymond Floyd:

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