



Diabetes Burnout: What to Do When You Can't Take It Anymore

William H. Polonsky Ph.D.

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Living with diabetes is hard. It's easy to get discouraged, frustrated, and burned out. Here's an author that understands the emotional rollercoaster and gives you the tools you need to keep from being overwhelmed, addressing such issues as dealing with friends and family, and how you can better handle the stress for better health. Written with compassion and a sprinkle of humor.

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