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The Way Of Wisdom For Diabetes: Cope With Stress, Move More, Lose Weight And Keep Hope Alive



THE WAY OF **WISDOM** — FOR — **DIABETES**



COPE WITH
STRESS, MOVE MORE,
LOSE WEIGHT AND
KEEP HOPE ALIVE

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Synopsis

Unlike hundreds of other books written about managing diabetes, this one is from a perspective of managing it with the use of God's wisdom (skill for living). The purpose of *The Way of Wisdom* is to introduce fundamental principles for living from the book of Proverbs. These proverbs encourage hope, provide strength, and give motivation on a daily basis! What is the best meal plan to feel good and maintain appropriate blood glucose levels? This book includes information on carb counting, about feeling full while still losing weight (volumetrics), and on using the glycemic index and glycemic load for foods. The importance of the timing of when to eat and move to maintain good blood glucose levels is presented. This book teaches how to build habits for coping with stress, moving more, losing weight and overall better health and well-being! Such habits will provide a foundation for a positive attitude and life of gratitude that looks on the brighter side of life. Health benefits of gratitude are scientifically researched and daily applications of gratitude are embraced. Uplifting and encouraging examples are included of real people who succeeded while facing unbelievable challenges. Humorous, as well as heart-breaking stories, illustrate how relevant these action plans are for better well-being. Impelling guidelines based upon a step-by-step approach are taught for Type 1 and Type 2 diabetes self-management! *The Way of Wisdom* is written to provide motivation, not for just a day, but for a lifetime! The strategies in this book are not just theoretical, intellectual ideas. I've proven these strategies are essential skills in my personal diabetes management for five decades!

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Customer Reviews

Written by an author who has successfully lived 50 years with diabetes, the book was highly informative, comprehensive, and, surprisingly, filled with humour, wisdom, and spirituality. I learned a great deal that will help my husband and myself live healthy happy lives while keeping his diabetes under control.

As a social scientist and professor of human development, I'm very happy to see a "how to" book that focuses on the psychology of making choices in daily life. Factual information delivered to someone who is trying to live well doesn't address the emotion and impulse that can often dominate our behavior. The Way of Wisdom offers an insightful, inspiring, empathic voice of support. This book is a great resource for those with diabetes as well as those in the helping professions who want to promote health in those they serve.

Whether a diabetic or not, Mr. Ellis has provided factual information for staying healthy. The "sticktuitiveness" provided by scripture is inspirational and encouraging. The examples of real life diabetics is powerful. As the facilitator of our church library, I plan to include a copy of this book for membership use.

Ken's book is collection of easy to understand and useful information for someone who is newly diagnosed or too long familiar with this challenging disease. Ken has 52 years of personal life experience as a Diabetic and chairs numerous support groups and workshops throughout the year to help average people learn the importance of managing their blood glucose (BG) levels. Ken provides practical and common sense insight into a variety of topics that diabetics have concern with, ie... diet, exercise, medication, emotional and spiritual concerns and MORE! Ken shares Christian wisdom from the book of Proverbs with each topic and helps the reader feel empowered to make better choices to manage BG today! Ken does not give the reader a list of DON'Ts. He teaches the diabetic HOW TO AVOID THE COMPLICATIONS that are always lurking in the future. I

had the opportunity to purchase the book directly from Ken, and I'm pleased to see it available on , where it can reach to the hands of needy readers. I give the book 5 stars, because Ken is a 52 year survivor of Diabetes, so he really knows his stuff! He is a role model to those with Diabetes, living by example. Ken's gentle nature and inspiring wisdom have given me useful tools to help me to stay focused on managing my own Diabetes, and to not beat myself up when I fall off course. I can do it, and so can you!!

This is an easy to read book that provides useful information to the reader on how to cope with diabetes. Although I do not presently have diabetes, my father and uncles and cousins do. The book gave me a better understanding of the disease. I also received insight on how to deal with it should I develop Type 2 diabetes, which is a possibility. I found the author's use of Proverbs enlightening and enjoyable in dealing with this chronic disease. The book addresses how to have hope and be motivated to live a quality life should a person develop diabetes. The discussion on being thankful for what we have and having gratitude for our lives was worth the read alone. The book also has practical things a person can do in dealing with the disease. This included keeping track of what you eat and do, keep moving, and being diligent to keep whatever strategy a person comes up with. Most of this book could be applied to other chronic diseases or life's stress and problems. I rated the book with 5 stars due to its inspirational discussion and the practical insight in dealing with diabetes.

The author uses verses from the book of Proverbs to illustrate how to live successfully with diabetes. We are hoping to use this book as the basis for discussions about life with diabetes in our diabetes support group.

This book reads nearly like the Christian Bible as it is full of religious sayings, verses, witticisms. Unless you are a Bible reading, church going, born again Christian who happens to have diabetes, this book is a bore and not recommended.

This book is written by a man who was diagnosed with diabetes at a very early age and has successfully managed his diabetes for over 50 years. An inspiring, encouraging and educational book that uses the whole person approach addressing the aspects of body, mind and spirit. You can expect more than just a diabetes management read. Mr. Ellis gives a "Do as I do" and not a "Do as I say" approach. Highly recommended!

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