



# Motivación Para Diabéticos: Optimiza tu control con motivación (Spanish Edition)

*Tanya Marie Gomez*

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Esta publicación tiene como misión dar a conocer detalles positivos para manejar la diabetes con peritaje y motivación. Diabéticos tipo 1, 2 y pre-diabéticos tenemos las ganas de sentirnos libre y completos pero para eso necesitamos una mente positiva y un carácter firme. Ya existen muchos libros creados para el manejo de la diabetes y son excelentes, pero no había encontrado uno de motivación y como diabética tipo 1 decidí escribir las cosas que me motivaron durante 15 años, los remedios que he utilizado para optimizar mi control que todavía me favorecen de forma positiva. En el capítulo Optimiza tu control encontraras una variedad de temas bien importantes como lo es el plan 50-36-14 que te puede ayudar a controlar la azúcar en su totalidad, mantener un sueño de calidad y organizar metas de actividad física dentro y fuera de tu hogar. Todos tenemos la oportunidad de pensar en grande y disfrutar cada momento de nuestra vida junto a las personas que tanto amamos. Si deseas prosperar y mejorar tu calidad de vida, éste libro será una guía especial de motivación. Aunque cada cuerpo trabaja de diferente manera es muy probable que la motivación sea tu nuevo mecanismo de defensa tanto emocional como físicamente. Una persona que se mantiene positiva aunque el mundo se oponga, es una persona que prospera y que tiene visión.

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