

# Thought provoking new book applies Acceptance and Commitment Therapy to the management of diabetes.

How can a form of psychotherapy help manage a physical illness? A diagnosis of diabetes brings with it an emotional and psychological component as the diagnosed person struggles with the drastic lifestyle changes that go hand-in-hand with having diabetes. *The Diabetes Lifestyle Book* addresses both physical and emotional issues in this two-pronged approach to diabetes management.

First, the authors provide a detailed explanation of diabetes, focusing on the difficulties that go along with the self-management of the disease. Included is useful information about

- diet
- exercise
- medication compliance
- blood glucose testing
- insulin administration
- complications and how to avoid them

Secondly, the authors help readers deal with the emotional weight of their condition. This involves acknowledging the negative emotions and experiences that accompany a diagnosis of diabetes. They offer simple, effective steps for managing these emotions and experiences in a way that does not require readers to ignore or attempt to control them. Instead, readers learn to make healthy decisions while experiencing their negative thoughts and feelings.

The reason for this is that the acceptance and commitment therapy (abbreviated and pronounced as the word *ACT*) approach on which the book is based posits that the difficulty many people face in managing diabetes lies in their avoidance of negative or unpleasant thoughts and experiences. These may be bitter thoughts about having diabetes or urges to eat sweets, smoke, drink, not exercise, and so forth. They may also include anxiety at having to regularly test blood sugar and deal with poor results.

As unpleasant as these feelings are, avoiding them makes it less likely that the individual with diabetes will engage in the behaviors necessary to manage the disease, like regularly testing blood sugar and avoiding sweets, which can lead to complications with their disease. *The Diabetes Lifestyle Book* teaches readers how to break this cycle by noticing thoughts, urges, and stresses without having to act on them or change them.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:  
Earlita Chenault, 510-652-0215, ext.142; earlita@newharbinger.com**

**The Diabetes Lifestyle Book: Facing Your Fears & Making Changes for a Long & Healthy Life, by Jennifer A. Gregg, Ph.D., Glenn M. Callaghan, Ph.D., and Steven C. Hayes, Ph.D.; Foreword by Michael Singer, MD**  
September 2007, New Harbinger Publications; \$16.95; trade paper; 6 x 9; 240 pages;  
ISBN-10: 1-57224-516-6; ISBN-13: 978-157224-516-7;  
www.newharbinger.com; 800-748-6273

A PROVEN PROGRAM

## The Diabetes Lifestyle Book

Facing Your Fears &  
Making Changes for a  
Long & Healthy Life

JENNIFER A. GREGG, PH.D.  
GLENN M. CALLAGHAN, PH.D.  
STEVEN C. HAYES, PH.D.  
FOREWORD BY MICHAEL SINGER, MD

### FACT

Acceptance and Commitment Therapy (ACT) is one of the most exciting and fastest-growing psychotherapies.

### FACT

In a recent clinical trial, patients who were taught the techniques in this book to help manage their feelings about diabetes proved to be more likely to take care of their diabetes through diet, exercise, and monitoring their blood sugar, more likely to accept their diabetes, and were more likely to have their blood sugar in good control than patients who were not taught these techniques.

*"I am sending this book to my beloved grandmother – a diabetic and cherished being...and someone who will greatly benefit from the wisdom of the words written here."*

— Robyn D. Walser, Ph.D.,  
coauthor of **Acceptance & Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder**

## **About the Authors of *The Diabetes Lifestyle Book***

**Jennifer Gregg, Ph.D.**, is a clinical psychologist and assistant professor in the Department of Psychology at San Jose State University in San Jose, CA. Dr. Gregg completed her Ph.D. at the University of Nevada, Reno, and did her pre- and postdoctoral training at the veteran's Administration hospital in Palo Alto, CA.

Jennifer Gregg is the author of many articles and book chapters in the areas of chronic and terminal disease, applications of acceptance and commitment therapy, and the treatment of psychological disorders in primary care medical settings. In addition to teaching, supervision, and research activities, Dr. Gregg maintains a private practice and provides training in acceptance and commitment therapy in the San Francisco Bay Area.

**Glenn M. Callaghan, Ph.D.**, is associate professor of psychology at San Jose State University and a member of the Association for Behavioral and Cognitive Therapies and Western Psychological Association. He is an expert in functional analytic psychotherapy and functional assessment methodology.

**Steven C. Hayes, Ph.D.**, is University of Nevada Foundation Professor of Psychology at the University of Nevada, Reno. He has authored more than 350 articles and book chapters and numerous books, including *Get Out of Your Mind and Into Your Life* and *Acceptance and Commitment Therapy*. A past president of the Association for Behavioral and Cognitive Therapies, he has conducted hundreds of trainings in ACT around the world and supervised the training of hundreds of graduate students.

## **Raves for *The Diabetes Lifestyle Book***

"...The authors have carefully provided a concrete guide to managing diabetes that is both understandable and compassionate and that includes excellent case examples. Informative, thoughtful and easy to read, I am sending this book to my beloved grandmother – a diabetic and cherished being...and someone who will greatly benefit from the wisdom of the words written here."

- **Robyn D. Walser, Ph.D.**, TL Consultation Services,  
author of *Acceptance & Commitment Therapy for the Treatment of  
Post-Traumatic Stress Disorder*

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## **Raves for *The Diabetes Lifestyle Book***

“Diabetes is a modern day epidemic not likely to be cured in the near future by medical science. Gregg and colleagues have put together a coherent, compassionate, and useable guide for those suffering with diabetes which not only outlines processes involved in living successfully with diabetes, but processes involved in living successfully with the many difficult things that are so often involved in the business of being a human being.”

– **Kevin Vowles, Ph.D.**, Royal National Hospital for Rheumatic Diseases  
University of Bath, England

“ACT appears especially suited to the chronic challenges posed by diabetes, and Dr. Gregg provides a highly accessible, systematic, and comprehensive guide to both meeting these challenges and thriving in the process. If you want help managing your diabetes, and want to live a more vital and personally meaningful life, you should read this book.”

– **Dr. John T. Blackledge**  
School of Psychology  
University of Wollongong, Australia

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