



# HEALTH HABITS FOR DIABETES

**A Patient's Guide to Changing  
Behaviors & Mindset for  
Disease Management**  
by **Justin Kompf, PhD**

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**HEALTH HABITS FOR DIABETES** helps people take better control of their type 2 diabetes through easy strategies and positive behaviors.

It is never too late for patients to take action to reduce their type 2 diabetes symptoms and improve their overall well-being by practicing proper self-care and following a comprehensive wellness plan.

**HEALTH HABITS FOR DIABETES** offers the most up-to-date information on diabetes, paired with easily digestible insights and lifestyle tips proven to reduce symptoms and improve quality of life.

**HEALTH HABITS FOR DIABETES** also includes:

- The what, why, and how for each stage of health behavior change
- Current information on medication compliance, physical activity, positive mindset and nutrition
- Tips for how to motivate yourself to re-examine unhealthy habits and form new best practices
- Guidance on self-care techniques for patients, families and caregivers
- Step-by-step instructions on creating targeted, actionable health goals
- The ins and outs of creating a brand-new lifestyle plan—and executing on it

Learning to manage the symptoms of type 2 diabetes can seem overwhelming. It takes motivation and willpower to live your best possible life while balancing proper self-care, but by taking everything one day at a time and making small yet impactful health changes, you can still live life to the fullest.



**JUSTIN KOMPf, PHD**, has worked in the fitness industry since 2009 as a college strength and conditioning coach and personal trainer. He has an MS in Exercise Science and has a PhD in Exercise and Health Sciences with a focus on Health Behavior Change from the University of Massachusetts at Boston. Justin has taught at the State University of New York at Cortland and also at the University of Massachusetts at Boston. He has published work in the *Strength and Conditioning Journal*, *Sports Medicine*, the *Journal of Physical Activity and Health*, and the *American Journal of Lifestyle Medicine*. He has contributed his expertise in health behavior change to personal training certifications and nutrition certifications with the National Academy of Sports Medicine.

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