



Stop "Managing" Diabetes...Reverse it!: A Daily Journal and Workbook

Alisa G Cook CTN

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In this journal, readers of the breakthrough book, "Stop Managing Diabetes...Reverse It!" can improve their understanding of how the program works, and institute ways to make it work for them. Filled with daily journals, self-reflection exercises, hints and tips, this journal will help personalize the "Stop Managing Diabetes...Reverse It!" healing program.

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