



# The Greenwich Weight Loss and Diabetes Diet

*Christopher J Mosunic, R. D. Martin*

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If you have type 2 diabetes and want to lose weight and better control your diabetes, this book is for you! It is based on the work of a cognitive behavioral psychologist who specializes in weight loss, diabetes, and nutrition. However, it is unique in that it is written from a patient's perspective. It debunks the false notion that losing weight is all about "willpower," and it dispels the common belief that the inability to lose weight and keep it off is a "character fault." You'll learn how this hunger-busting approach to eating and blood sugar control decreases your appetite so you don't have to ignore hunger, feel deprived, or leave the table unsatisfied. You will also get practical, sound psychological guidance to help you rely less upon food to lift your spirits and feel good. You can be happier, healthier, and more satisfied with your life—as well as lose weight!

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