



Diary of a Life Less Sweet: Life with My Little Brother's Diabetes

Crystal Rivera

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Siblings of children with diabetes typically receive little support. *Diary of a Life Less Sweet* fills this void. Our heroine, Jade Bluefeather, must learn to deal with the news of her brother's condition and the subsequent changes that her family experiences. In her diary, we not only hear Jade's thoughts and feelings, but we also learn the "truth" about diabetes from various medical professionals as they debunk some common misconceptions. Ultimately, Jade and her family adapt to these changes and return to a life that is once again "sweet." The story is based on the life of the author, Crystal Rivera, and her little brother. "I was 7 years old when everything changed, and I didn't understand," Crystal recalls. Support materials at the back of the book provide information for parents, caregivers, and educators. A template for starting your own diary or journal is also provided. Part of the proceeds from sales of this book will go to support diabetes research.

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