



The Little Diabetes Book You Need to Read

Michael Weiss, Martha M. Funnell

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Most guides focus on *treating* diabetes, but don't address the reality of *living with* the condition. This book stands apart from the others, as it focuses exclusively on the *person with* diabetes, rather than solely on the disease. Diabetes experts Michael A. Weiss, who lived with Type 1 Diabetes for more than 20 years, and Martha M. Funnell, an internationally-known diabetes educator, provide straight talk for those who want to take charge of their condition and construct a realistic plan for daily living. Whether readers are newly-diagnosed or have been struggling with diabetes for years, this is the first (and possibly, only) book they need. The authors understand that managing diabetes is all about an individual's daily choices: what to eat, what to take, whether to exercise, and how often to check glucose levels. Now readers can sort through their feelings, needs, and inclinations toward making these choices, and fashion a "real-world" regimen that will provide an optimum quality of life. It will empower anyone to make the changes needed for living well with diabetes.

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