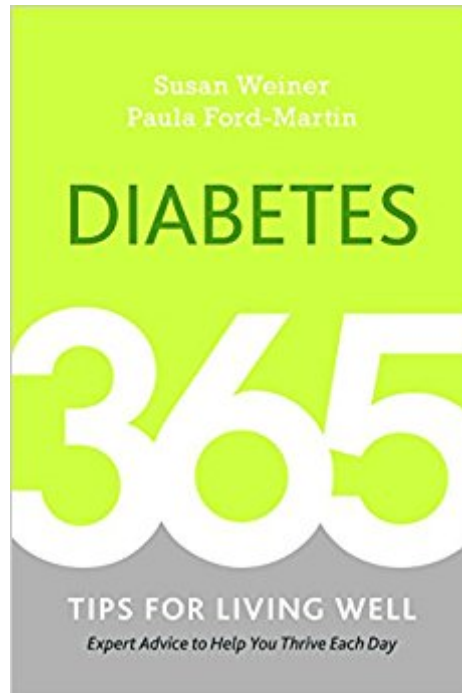




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Diabetes: 365 Tips For Living Well



Synopsis

Improve your health and quality of life with expert advice and strategies to outsmart diabetes. Filled with practical tips and support to help you deal with the stress and lifestyle changes that come with living with diabetes each day, *Diabetes: 365 Tips for Living Well* offers reliable, easy to implement ways to face challenges, restore health, and live your life to the fullest with diabetes. Written by Susan Weiner, the 2015 AADE Diabetes Educator of the Year, and Paula Ford-Martin, an award-winning health writer, this empowering guide is packed with information to help you: Keep your blood sugar in check Make daily management easier Beat diabetes burnout and relieve stress Deal with holidays, special occasions, and common seasonal challenges with confidence Avoid complications And much more.

Book Information

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Customer Reviews

This book shows the care and empathy for a person who has diabetes. I have bought both of Susan's books and I will be purchasing many more to give to my friends at Christmas who have diabetes or who are the caretakers of one. Thanks Susan for a phenomenal job and caring enough to express your knowledge in your books. Rose Marie Martino

Susan Weiner and Paula Ford-Martin have brought us an easy-to-read, easy-to-follow book, allowing us to live well day by day. Simple to pick up each day and receive a tip on managing diabetes. Having lived with diabetes for nearly 23 years, it's wonderful to get a refresher on daily

management. And, working with a wide array of women living with diabetes via DiabetesSisters, each tip is well received and necessary, especially since diabetes can be so overwhelming. Thank you for teaming up to provide this great resource!

Great Book. Very helpful, Thanks

Even if you're not a diabetic, some really great tips to help you achieve a healthier lifestyle. Very informative.

Everybody should pick up Diabetes 365 Tips book it is very useful Thank you for putting all your hard work and care into this book

I found this really helpful, very upbeat and full of ideas for even the most reluctant of us. I wish I had read this book sooner!

Very good book , detailed

The book was very good and helpful. I wanted to read more about diabetes.

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