



Mastering Your Diabetes : A Simple Plan for Taking Control of your Health

Janette Kirkham

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Diabetes is a way of life, one that no one chooses but that some people are obligated to live nonetheless. Newly diagnosed people are required to follow all kinds of rules, change the way they've always lived, and struggle to retain their identity despite the new things that dictate the way they live. *Mastering Your Diabetes* is a "you can do it: here's how" book that helps people with diabetes adopt their new way of life with a sense of humor.

In this book, written by a diabetes health care professional who has also lived with diabetes for more than 25 years, readers gain valuable insight (and inspiration) from someone who understands.

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