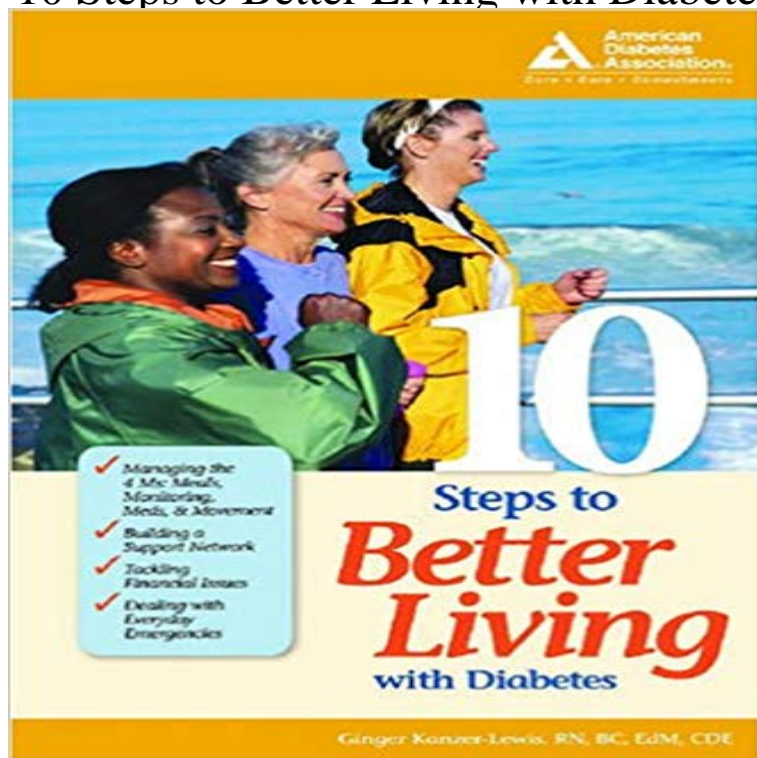


10 Steps to Better Living with Diabetes



A real-life daily guide to help you with diabetes. How do you manage your diabetes today? Many books discuss the ins and outs of diabetes medications, the need for weight control, and the ideal meal plan, but there is nothing for the you if you need information on the day-to-day basics of diabetes. 10 Steps to Better Living with Diabetes gives you the survival skills you need to master your disease in the real world, with chapters on building support networks, managing a social life, and tackling financial issues. 10 Steps to Better Living with Diabetes even devotes a chapter to When Things Go Wrong or what to do when everything doesn't work out quite the way one thought. Whether you suddenly catch the flu or just haven't done everything you know you should, this chapter tells you what you need to do to get yourself back on track. No other book on diabetes promises real solutions to real problems like 10 Steps to Better Living with Diabetes.

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