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Diabetes: 365 Tips for Living Well

Susan Weiner, Paula Ford Martin

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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.

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