



# **Your Life Isn't Over ~ It May Have Just Begun!: A Mini-Manual for Managing Diabetes**

*Rebecca Hensley*

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If you're looking for an encyclopedia about diabetes – full of scientific jargon and endless detailed instructions on every aspect of managing the disease – this little book is not it. On the other hand, if you've just been diagnosed or you're just coming to grips with it after spending some time arm wrestling the idea, this easily readable 180-page volume can jump start your process by providing many of the tips, hints, and inside information the others don't. Want to know how a real live 69-year-old diabetic has actually gotten more fit, more energetic, more positive in her way of looking at things, and even cuter since she joined the ranks of those who march to diabetes' drum? Then you're in luck. Want to know which glucometer will tell you your glucose level with the tiniest bit of blood imaginable? It's in here. Want to know where to get a seriously delicious slice of New York cheese cake that only has 4 grams of carb? No problem. Want to quit feeling like you've been put in time out while the rest of the human race goes on without you? You've come to the right place. And if you'll read this book with an open mind, you're going to discover that your life isn't over. It may have just begun!

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