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The Sisterhood of Diabetes: Facing Challenges & Living Dreams

Judith Ambrosini

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The Sisterhood of Diabetes engages the reader with 38 true-life stories of women with diabetes—the challenges they faced and the adventures they took. These accomplished women, of all ages and from around the world, are athletes, scholars, and champions in many ways, who will motivate and inspire others, whether diabetic or not, in redefining abilities and venturing beyond self-imposed limits. The message here is to live your dreams with diabetes, or any other challenges, with a positive attitude and inspired determination. While many books offer the “do’s and don’ts” of diabetes care, this book bypasses the humdrum and the confusing fuselage of medical terminology and treatment to bring the reader face to face with the real struggles of diabetes, and how to live a rich life in the midst of our challenges. Judith Jones-Ambrosini has lived under the influence of Type 1 diabetes for over fifty years. She knows the importance of exercise, sports and leading an active life as a major component of excellent diabetes care. There are currently over 26 million men, women and children with diabetes in the USA, and 286 million cases worldwide. This book sheds bright light on what can sometimes be a devastating prognosis, by telling true and encouraging stories of successful individuals. Living with diabetes is a challenge, but as Judith so beautifully captures here it doesn’t have to keep you from achieving your dreams. Each of these uplifting stories shares a common “golden thread” – the importance of maintaining a positive attitude and the will to dream big. Whether they have diabetes or not, readers of this inspirational book will be encouraged to find their own golden thread. – Chris Dudley, National Basketball Association player for 16 years; founder: Chris Dudley Foundation for youth with diabetes; Type 1 diabetes since 1981 I have known of Judith’s commitment to movement and sport for years, and how it has helped her manage her diabetes. Her clear, compelling voice brings us stories of women who discovered that moving is one of our greatest salvations, and tools, to live proudly, strongly and joyfully with diabetes. – Riva Greenberg, author, Diabetes Do’s & How-To’s and 50 Diabetes Myths…50 Diabetes Truths…; and columnist, The

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A number of people said that they feel fed up when they reading a guide. They are directly felt the idea when they get a half parts of the book. You can choose the actual book The Sisterhood of Diabetes: Facing Challenges & Living Dreams to make your personal reading is interesting. Your current skill of reading skill is developing when you including reading. Try to choose very simple book to make you enjoy you just read it and mingle the idea about book and examining especially. It is to be initial opinion for you to like to available a book and learn it. Beside that the publication The Sisterhood of Diabetes: Facing Challenges & Living Dreams can to be your brand new friend when you're feel alone and confuse using what must you're doing of this time.

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