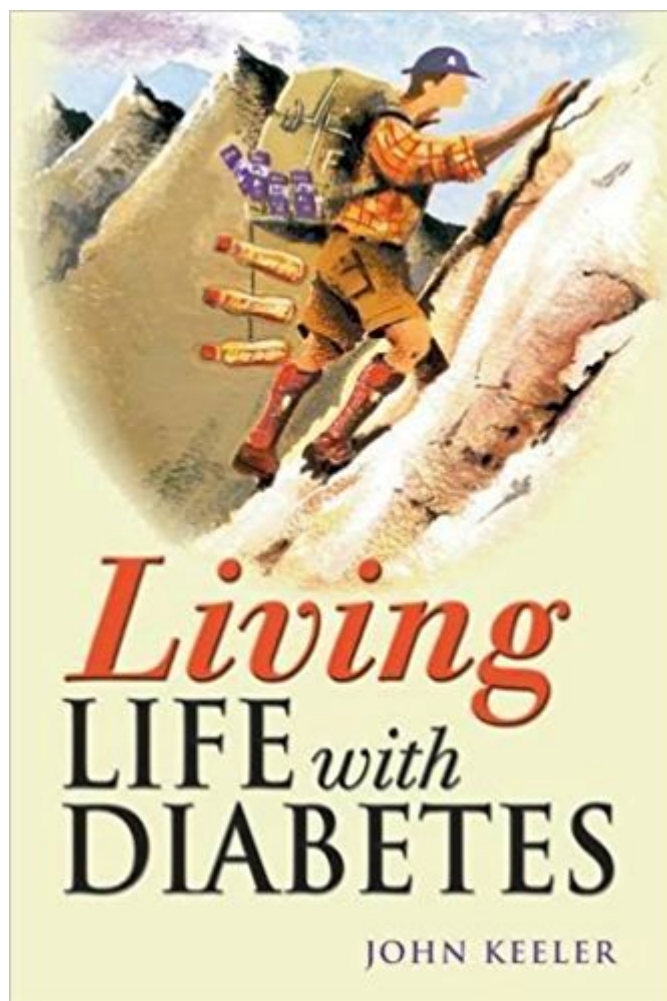


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# Living Life With Diabetes



## Synopsis

Diagnosed with Type 1 diabetes at the age of four, John Keeler's life subsequently has been marked by a determination to make it as rich and complete as possible. A wise, personal account of his successful struggles with this life-threatening illness, *Living Life with Diabetes* details the too often ignored psychological and emotional aspects of the condition. Full of insights for sufferers and their families and friends, *Living Life with Diabetes* sheds light on relationships with the medical profession and problems often encountered, as well as often overlooked difficulties of living with the disease.

## Book Information

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## Customer Reviews

"An honest and heart-warming" (Diabetes Federation of Ireland Magazine, March 2004) "packed with humorous and painful anecdotes" a useful resource for diabetics, their families and friends" (Sunderland Echo, 21 April 2004) "...a valuable tale about one man's determination to accept and overcome the problems associated with the disease..." (Accident & Emergency Nursing, No.13, 2005)

Diagnosed with Type 1 diabetes at the age of four, John Keeler's life has been marked by a determination to make it as fulfilling and rich as possible. In this honest and heart-warming book he describes his journey from childhood to adulthood; from that initial diagnosis, through dealing with

pain, fear and ignorance, to his situation today, where he feels in control of his diabetes - it no longer controls him! At times humorous, at other times raw and blunt, John Keeler highlights the feelings, experiences and the (often overlooked) practical difficulties that people with diabetes often face. Here you will find advice on how to avoid the common pitfalls, honest descriptions of the emotions you may feel, as well reassurance and support. This book is aimed at fellow sufferers, but also their families, friends, and health care providers, who wish to learn more about how you can live life fully with diabetes.

As a type 1 diabetic for over 18 years now I thoroughly enjoyed this book! There were many "me too!" moments when reading it as I have shared many of the author's experiences while dealing with diabetes every day for many years. But there were also many things I learned. For example, being myself diagnosed in 1995 I was given a meter right away to check my sugar at home and didn't know that only a few years earlier not every diabetic had that luxury. It was fascinating reading about the differences in care, as the similarities in emotions and the way we deal with diabetes. I was very inspired by Keeler's determination to live his life to the fullest despite having this illness, and taking control of it by seeking help and reaching out to other people and organizations aimed at helping diabetics cope. It reminded me of my own struggles as, for the first 10 years of my diabetic life, I too basically kept to myself and struggled on my own, puzzled by doctors' ambiguous and often senseless (and sometimes dangerous!) instructions, and feeling as though no one in the world understood what I was going through. This was until I, like the author, decided to learn more about diabetes and join the diabetic community for support, education, and motivation. Keeler's book is a personal account of living with type 1 diabetes, but one that resonates with many of his fellow diabetics. And for those who don't suffer from the illness it is a great resource to learn more about diabetes, and a way to understand a bit better what it's like to live as a human pancreas 24/7.

An excellent book which gives insight into the life of a person with diabetes. It is easy to understand both for people with and without diabetes. The book gives us John's first hand experiences of coping with the day to day challenges of having diabetes. It is an accurate, well written, down-to-earth, humorous story. The book shows us that diabetes can never be a restriction for living life to the best. One of my first impressions when reading this book was: "Wow, I'm so glad I'm not the only one who feels that way". It contains a lot of practical tips and gives the reader reassurance, hope and a sense of happiness. Instead of asking "why me?" we end up asking ourselves "why not me?". I would even recommend this book to members of the medical profession who work closely with

people who have diabetes.

I bought this book for a friend of mine who struggles with diabetes. Not only did I want her to understand that life continues and can be wonderful even though you're dealing with such a condition, I thought it was a good choice for her friends and family to read too. Not to mention I know the author and wanted to support him. Before passing it on I read enough to make me want to read it all even though I don't have diabetes (one moment while I knock on wood) as I think it's important for us to all understand what it involves.

I just recently finished reading this new book called "Living Life With Diabetes", by John Keeler. What an amazing book he wrote. My husband is a diabetic and after reading this I understand so much more about him. I was brought into his world for just bit, but enough that I learned so much. I highly recommend this book for anyone who is a diabetic, is married to a diabetic, have children who are diabetic or even if you just know anyone who does. Thank you John and Good Luck.

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