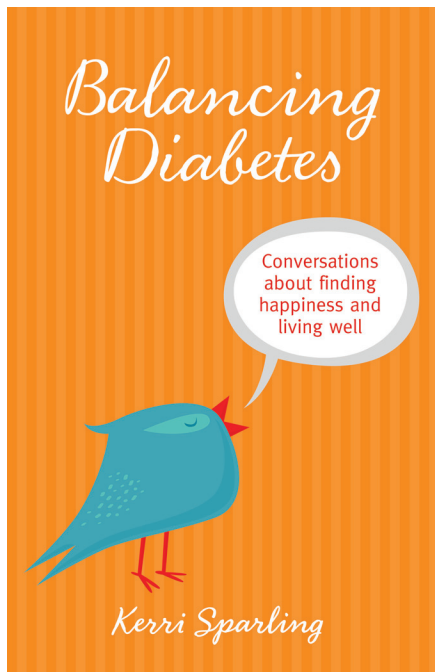




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Balancing Diabetes

Conversations about finding happiness and living well

Kerri Sparling

When a person receives a diagnosis of diabetes, he or she starts a process of adjusting and making sense of the new normal living with a chronic disease. A large part of that adjustment is figuring out how to balance diabetes with all the intricacies of a life outside of diabetes care. In *Balancing Diabetes*, diabetes online community blogger Kerri Sparling compiles strategies used by people with diabetes and their caregivers to bring that elusive balance into their lives. Whether adult or child, type 1 or type 2, spouse or caregiver, male or female, people in the diabetes world will find themselves in this book and be inspired by the commonality of that continuing search for balance.

Author Information

Kerri Sparling has been living with type 1 diabetes for more than 27 years. She believes: "Diabetes doesn't define me, but it helps explain me." Kerri is the creator of *www.SixUntilMe.com*, started in May 2005. She has contributed to many health-related publications and is a passionate advocate for diabetes awareness. Focusing on the psychosocial side of diabetes and how peer-to-peer connections can impact diabetes management, Kerri presents regularly at conferences and currently works full-time as a writer and consultant.

Promotional Highlights

- Author's popularity within the diabetes community reflects an interest in her subject matter, authority, and unique voice. A conversational writing style makes readers feel as if they're discussing diabetes management with a group of friends.
- Author has been through many life stages and taken on new adventures as she manages her diabetes, and her audience relies on her experience regularly on her popular blog.
- Well-respected in the diabetes community, contributors to the book will act as advocates for *Balancing Diabetes*.

Survivorship

Living Well During and After Cancer

Barrie Cassileth, PhD

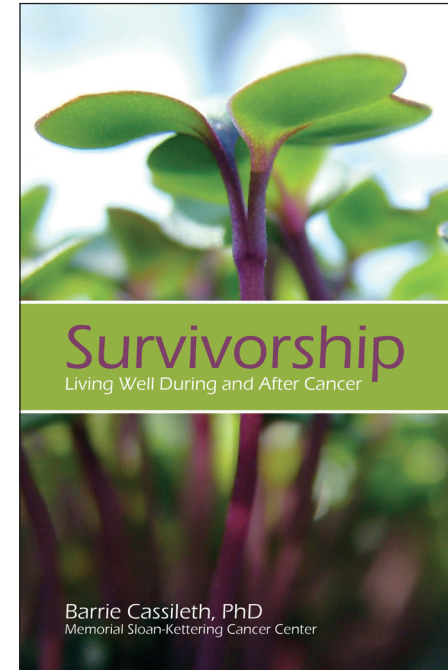
Cancer patients face a daunting world of confusing information about treatment options. They may have heard of using integrative medicine to complement traditional care and alleviate both short- and long-term side effects of cancer treatments, but where do they locate accurate information on acupuncture, massage, yoga, and nutritional therapies? *Survivorship: Living Well During and After Cancer* provides up-to-date evidence-based information on available therapies. A full listing of “anti-quackery” online resources is included.

Author Information

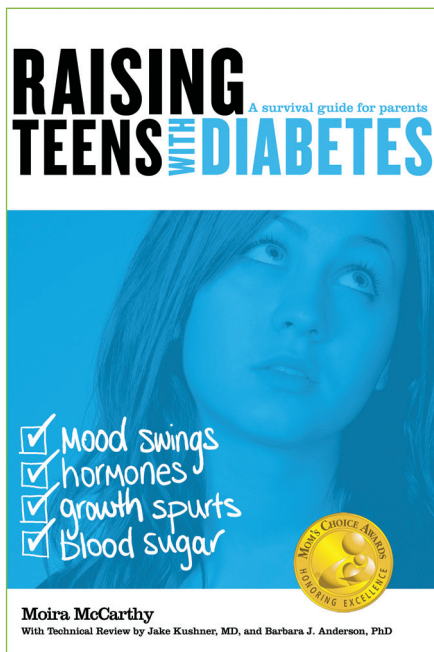
Barrie R. Cassileth, PhD, is the Laurance S. Rockefeller Chair of Integrative Medicine at Memorial Sloan-Kettering Cancer Center in New York City, a department she founded and directs. A sociologist and psychologist by training, Dr. Cassileth has extensive experience as a researcher, educator and planner; is a foremost international authority on complementary therapies and integrative medicine in oncology; and is a staunch opponent of cancer quackery. She was the Founding President of the Society for Integrative Oncology, a founding member of the Advisory Council to the U.S. National Institutes of Health Office of Complementary and Alternative Medicine and a member of the Board of the American Cancer Society and has served on the boards and committees of numerous other national and international organizations.

Promotional Highlights

- An evidence-based guide to complementary treatments for cancer patients and their families.
- Author’s experience and expertise in cancer treatment and complementary modalities lend credibility.
- Provides readers with accessible information to help them sort through scientifically sound complementary therapies, such as yoga, acupuncture, massage, music therapy, and more.
- The book references many scientific studies to support claims in favor of complementary treatments as well as to refute “sham” treatments and “alternative therapies.”



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Pages: 224 Dimensions: 5.5 x 8.5"
Publication Date: April 1, 2014



Raising Teens with Diabetes

A Survival Guide for Parents

Moira McCarthy

The teen years with diabetes on board are a challenging time for parents and anyone who cares about a child with diabetes. *Raising Teens with Diabetes*, by well-known diabetes mom, author, and advocate Moira McCarthy, is a no-nonsense, honest approach at not just surviving but thriving in those years, from a mom who has been there.

Moira McCarthy is an acclaimed writer, author, and public speaker whose six books include the top-selling *The Everything Parent's Guide To Children With Juvenile Diabetes*. She was recently recognized as the JDRF International Volunteer of the Year.

Mom's Choice Award Gold 2013

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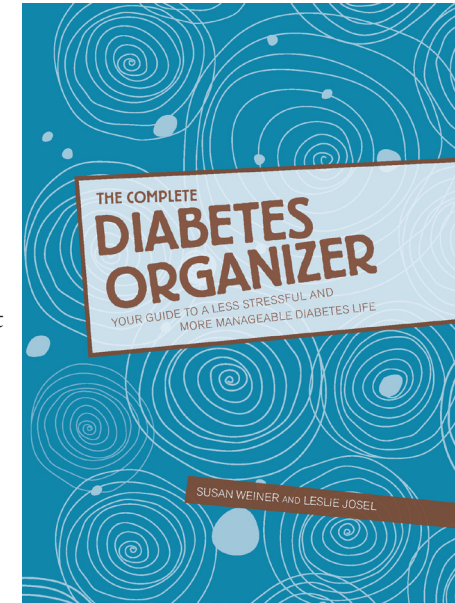
The Complete Diabetes Organizer

Your Guide to a Less Stressful and More Manageable Diabetes Life

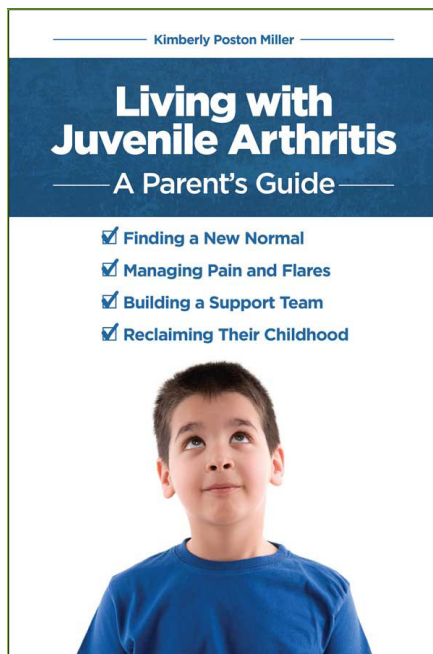
Susan Weiner, RDN, MS, CDE, CDN, and Leslie Josel

Is your lack of organization impacting your ability to effectively manage your diabetes? Do you run out of supplies and forget endocrinologist appointments? Do you struggle to keep track of healthcare invoices and payments? Do you succeed at keeping an active health journal for a week or two and then neglect it for a year or two?

The Complete Diabetes Organizer is your guidebook to maintaining your diabetes with less effort and more confidence, allowing you to focus on enjoying a healthier, stress-free life. Discover helpful tips and tricks that are guaranteed to ease daily mechanics, promote improved nutrition, and relieve stress caused by disorder and confusion.



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Living with Juvenile Arthritis

A Parent's Guide

Kimberly Poston Miller

Parenting a child with a chronic illness is not simply a full-time job; it's an all-time job. *Living with Juvenile Arthritis: A Parent's Guide* provides support to parents and caregivers of children with juvenile arthritis through helpful tips and guidance from a parent who has successfully navigated the challenges of raising two children with juvenile idiopathic arthritis.

Learn more about arthritis, its symptoms, diagnosis scenarios, treatment options, managing pain, and handling flare-ups. Discover strategies for dealing with the unpredictability and individuality of your child's condition. Build a support team of healthcare professionals, cultivate healthy relationships within your family, and focus on what's most important—raising a happy, well-adjusted child.

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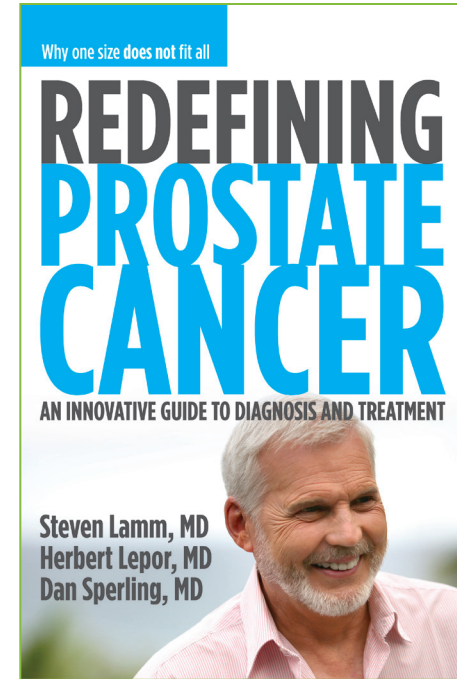
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Redefining Prostate Cancer

An Innovative Guide to Diagnosis and Treatment

Steven Lamm, MD, Herbert Lepor, MD, and Dan Sperling, MD

The past decade of breakthroughs in clinical research and unprecedented technological advancements has affected few medical conditions more than prostate cancer. Even the most up-to-date advice can vary significantly from one doctor to the next. Enter *Redefining Prostate Cancer*, the most complete and accurate analysis of prostate cancer treatment, prevention, research, and technology. Internationally renowned prostate cancer experts offer cutting-edge commentary on the questions that all modern men need to have answered. Arm yourself with *Redefining Prostate Cancer* and the confidence that your decisions are being made with the best possible information as your guide.



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