



# Diabetes Your Way

*Michelle A. Dart*

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## **Diabetes Your Way** Michelle A. Dart

Diabetes Your Way is written to inspire people living with diabetes. Self-management of type 1 and type 2 diabetes needs to be as unique as we are individuals. Written in a conversational tone, the reader will explore ways to live a life they love and have successful diabetes management. Written from the perspective of a diabetes educator and a person with loved one's affected by type 1 diabetes and type 2 diabetes. The author of "Motivational Interviewing in Nursing Practice: Empowering the Patient", Michelle writes to empower the reader. Choosing a path that allows us to be ourselves is important when dealing with a chronic illness, such as diabetes. The reader will find a variety of resources in Chapter 11. Chapter 12 offers tips for parents and loved one's supporting a person with diabetes. As a bonus, Chapter 13 provides 15 examples of tasks that can be completed in 15 minutes that will improve diabetes control.

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