



At Home With Gladys Knight : Her Personal Recipe for Living Well, Eating Right, and Loving Life

Gladys Knight

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More than a cookbook...an inspirational guide for readers with diabetes!

Gladys Knight doesn't have diabetes, but the disease is never far from her mind. Her mother, Elizabeth Knight, died of complications in 1998 after living successfully with diabetes for 40 years.

Following her mother's death, Gladys started the Elizabeth Knight Fund with the American Diabetes Association to help people living with diabetes. The singing legend has also been eating healthfully and exercising regularly for many years.

At Home With Gladys Knight's is more than a collection of recipes. It's an inspirational guide that people with diabetes can use to lead a full and healthy life with the disease.

- More than 100 recipes, including appetizers, desserts, breads, soups, salads and salad dressings, fish, meat, poultry and pasta
- Features a healthy living section that outlines a successful exercise plan, self-care tips, and nutrition recommendations
- Includes personal anecdotes from Gladys and captures her mother's heartbreaking yet inspiring fight against diabetes

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From reader reviews:

Beverly McGahey:

People live in this new day of lifestyle always aim to and must have the time or they will get lots of stress from both day to day life and work. So , whenever we ask do people have time, we will say absolutely without a doubt. People is human not only a robot. Then we question again, what kind of activity are there when the spare time coming to you of course your answer will unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative within spending your spare time, the book you have read is definitely At Home With Gladys Knight : Her Personal Recipe for Living Well, Eating Right, and Loving Life.

Mary Wing:

Playing with family in a very park, coming to see the ocean world or hanging out with pals is thing that usually you could have done when you have spare time, subsequently why you don't try point that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love At Home With Gladys Knight : Her Personal Recipe for Living Well, Eating Right, and Loving Life, you could enjoy both. It is fine combination right, you still need to miss it? What kind of hang type is it? Oh come on its mind hangout folks. What? Still don't get it, oh come on its named reading friends.

David Ramos:

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Cheryl Ruiz:

The book untitled At Home With Gladys Knight : Her Personal Recipe for Living Well, Eating Right, and Loving Life contain a lot of information on that. The writer explains your ex idea with easy technique. The language is very easy to understand all the people, so do definitely not worry, you can easy to read the item. The book was published by famous author. The author brings you in the new age of literary works. You can actually read this book because you can continue reading your smart phone, or model, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can start their official web-site and

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