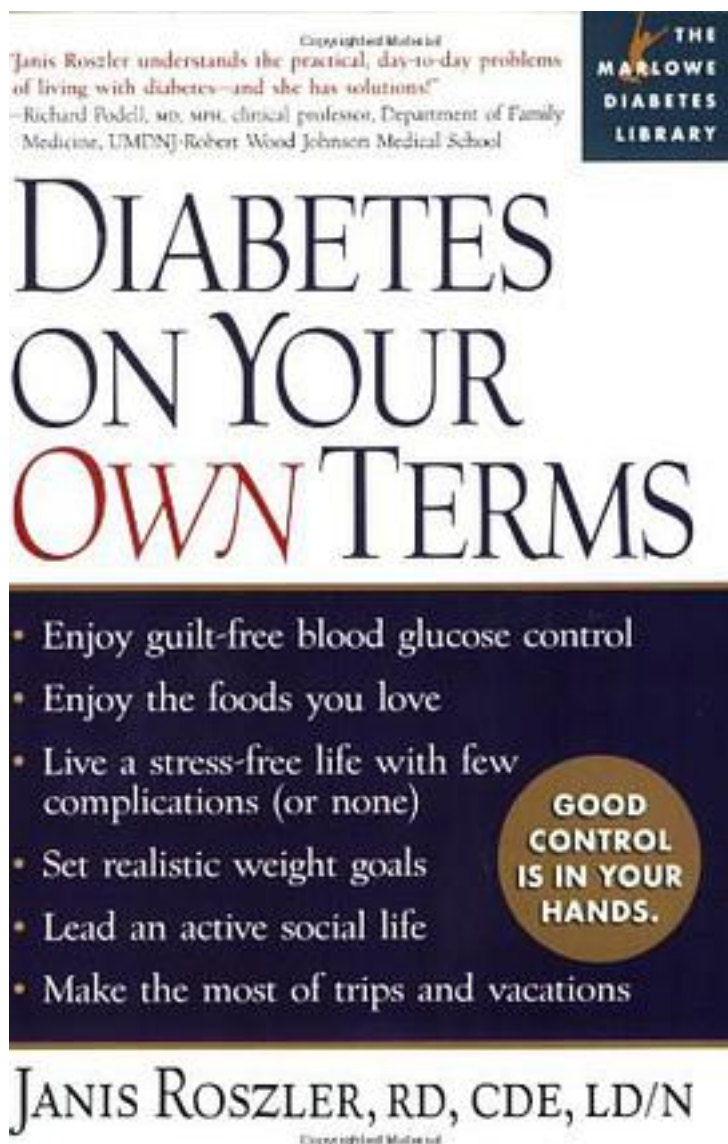


Diabetes on Your Own Terms



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Leading diabetes educator and dietitian Janis Roszler breaks new ground in *Diabetes on Your Own Terms*. This is the first book to underscore for everyone living with diabetes that managing diabetes doesn't have to equate to deprivation. A case in point is when Douglas Cairns, a flight instructor with the Royal British air force, was diagnosed with diabetes and lost use of his pilot's license. For the next several years, diabetes ran his life. Douglas had to find a new profession and spent a good deal of his time fighting blood sugar highs and lows. Then he heard that the U.S. allows individuals with diabetes to fly as long as their diabetes is well-controlled. Douglas now had a goal and a chance to reclaim the activity he loved. He took control of his diabetes by setting realistic goals, attained an American license, and recently became the first person with diabetes to fly solo around the world. Janis Roszler is here to advise how not to let diabetes prevent you from having the life you want; to not accept NO for an answer, and let diabetes get you down. Like Douglas, you can set realistic goals and soar!

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