



Diabetic's Total Health and Happiness Book

June Biermann

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June Biermann and Barbara Toohey's *The Diabetic's Book: All Your Questions Answered* has sold close to 200,000 copies. In this revised and expanded edition of their all-around guide to living with diabetes, the authors provide cutting-edge information on the latest treatments and scientific advances; new and important tips for making smart food choices and de-signing eating plans; and answers to frequently asked questions.

In the ten years since the third edition of this book, the percentage of Americans with diabetes has increased by 33 percent. Many believe that our eating habits and the resulting weight gain are largely to blame, but another major culprit is likely increased stress levels. Thus the focus of this new edition is on not just "Total Health" but "Total Happiness" as well. *The Diabetic's Total Health and Happiness Book* is a complete guide to managing diabetes while enriching the overall quality of your life.



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