



Living on a Tightrope: Coping with Diabetes

Chet Galaska

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Most of us have been touched by diabetes, whether we have it ourselves or know friends, relatives or co-workers who do. As common as it is, in some ways it's clouded in mystery. This isn't surprising.

Books on diabetes can be clinical and hard to absorb, and incorrect "common wisdom" is widely believed.

There's an intimidating mountain of information about it on the web and some of it is contradictory. And doctors are strapped for time, which limits the opportunities they have to explain a very complicated disease to their patients. All of these conspire to impair practical knowledge about "what's going on."

Living on a Tightrope: Coping with Diabetes cuts through the information jungle and presents the basic facts in an interesting, personal and understandable way for a general audience that needs the facts.

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