



# Adventure On

*Erin Spineto*

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## **Adventure On** Erin Spineto

Have you run out of motivation to keep fighting the ongoing battle against diabetes? In *Adventure On*, Erin Spineto focuses on the pillars of diabetes adventure, why adventure works to lighten the burden of diabetes care, and why it's critical that you get the motivational aspect of your diabetes care handled right now. Completing hundreds of miles of adventures, from swimming around an island to sailing solo, Erin Spineto shares how she went from burnt out to adventuring wildly. Through stories, humor, and tons of practical tips, she shows anyone who has lost their drive how to tap into unseen motivational tools to kick diabetes' butt. In these pages you will/can:

- Learn how to easily develop new habits so you can make the changes you've been wanting to make
- Discover how to design well-balanced training and nutritional plans that will keep you going year after year
- Be inundated with inspiring stories, quotes, books, and videos to keep your motivation high

Life is an adventure, but only you get to decide how big it is. If you are looking to add more adventure to your life and eliminate some of the hard work of diabetes, this is the book for you.

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