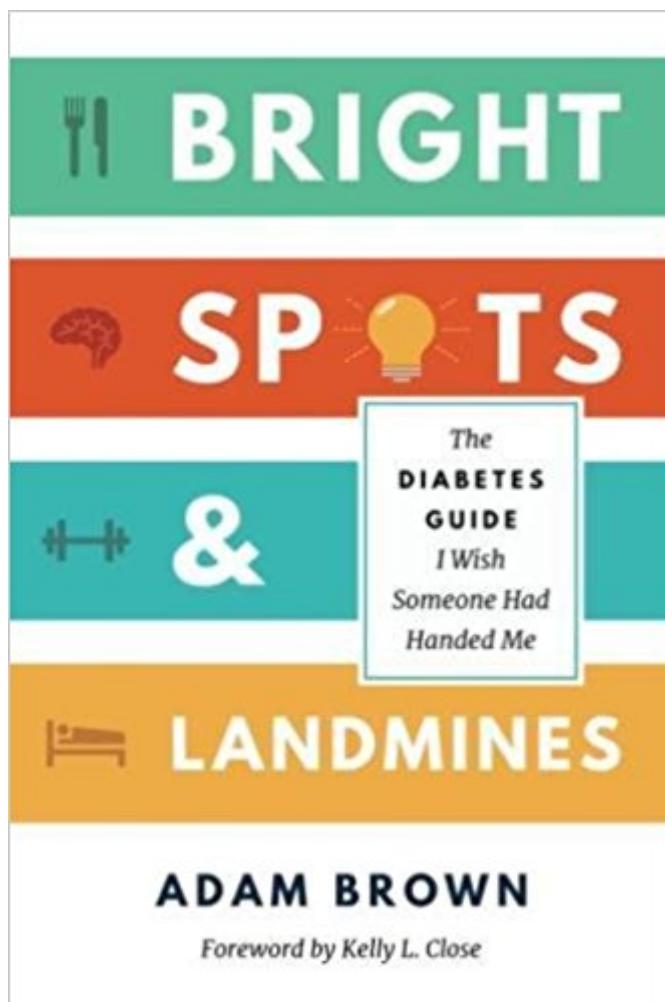


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Bright Spots & Landmines: The Diabetes Guide I Wish Someone Had Handed Me



Synopsis

Adam Brown's acclaimed diaTribe column, Adam's Corner, has brought life-transforming diabetes tips to over 600,000 people since 2013. In this highly actionable guide, he shares the food, mindset, exercise, and sleep strategies that have had the biggest positive impact on his diabetes — and hopefully yours too! Bright Spots & Landmines is filled with hundreds of effective diabetes tips, questions, and shortcuts, including what to eat to minimize blood sugar swings; helpful strategies to feel less stressed, guilty, and burned out; and simple ways to improve exercise and sleep. Along the way, Adam argues that the usual focus on problems and mistakes in diabetes (Landmines) misses the bigger opportunity: Bright Spots. By identifying what's working and finding ways to do those things more often, we can all live healthier, happier, and more hopeful lives. Whether you are newly diagnosed or have had type 1 or type 2 diabetes for over 50 years, this book delivers on its promise: practical diabetes advice that works immediately.

Book Information

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Customer Reviews

"A superb and compelling read...In these pages you will find years of lessons learned and tips you can immediately apply in your own life with diabetes. Adam's personal journey can teach us all to find our Bright Spots, no matter what diabetes throws at us." - Dr. Francine Kaufman - Author, *Diabesity*; Endocrinologist at Children's Hospital Los Angeles; Chief Medical Officer at Medtronic Diabetes

"When Adam has advice, I listen. There are few people in the world who have more visibility into the cutting edge of diabetes. Bright Spots & Landmines is an incredible resource from a true champion for people with diabetes." - Dr. Aaron Kowalski - Chief Mission Officer at JDRF; 33

years living with diabetes"For me, this is the most anticipated book ever for people living with diabetes." - John Sjolund - Founder/CEO of Timesulin; 32 years living with diabetes"When I picked up this book, my A1c was 9.3%. After just a month, I'm down to 8.3% and still falling! Every person with diabetes, young or old, should read Bright Spots & Landmines. I plan to be one of Adam's biggest success stories." - Steve Mallinson - 24 years living with diabetes"Living with diabetes, we all have good days and not-so-good days. Adam's book is an essential guide on how to make the good days more frequent, more predictable, and a lot more fun." - James S. Hirsch- Author of Cheating Destiny; 36 years living with diabetes"A must-read for anyone living with diabetes and those who care for them. No matter where you are in your diabetes journey, life will be easier after this read. I guarantee you will learn something new, get inspired, and feel more empowered." - Phil Southerland - Author of Not Dead Yet, co-founder of Team Novo Nordisk and the Team Type 1 Foundation; 35 years living with diabetes"This book is exceptional - every single page has actions you can apply to your own life to make it better. You would have to read ten good books to pick up the advice that Adam packs into this one." - David Edelman - Founder, Diabetes Daily"Our son dropped his A1c from 11.1% to 4.9% in three months! Following Adam's advice made it easy and makes living with diabetes so much less stressful. This inspiring book is a goldmine of helpful information, especially on foods to eat. Chia pudding has changed our lives!" - Sarita Lisa - Mother of Aden (diagnosed November 2016)"Adam understands more about living with diabetes than almost anyone I know, both from trial and error with his own blood sugar levels as well as through interactions with many leaders in the diabetes community. Bright Spots & Landmines takes his experience to another level. This book shares exactly what I teach my patients and does so beautifully. What a gift." - Dr. Anne Peters - Director, USC Clinical Diabetes Program"Adam artfully uses personal experience, positive psychology, science, and common sense to teach and to tame diabetes for his readers. His storytelling is masterful and the sensitivity in his approach is profound. This book is what I needed yesterday and what I still need today in my diabetes life." - Dr. Nicole Johnson - Miss America 1999; Founder of Students With Diabetes; 24 years living with diabetes"Thank you, Adam, for crafting a book that inspires, educates, and does not intimidate. The tide of well-being in the diabetes community rises with this book." - Kerri Sparling - Author of Balancing Diabetes; blogger at SixUntilMe.com; 30 years living with diabetes --This text refers to an alternate Paperback edition.

Adam Brown, diagnosed with diabetes in 2001, is a Senior Editor at diaTribe.org and leads Diabetes Technology & Digital Health at Close Concerns. Adam writes and speaks extensively about

diabetes and chronic disease, and at age 28, is widely recognized as a leading expert in diabetes technology. He has shared a patient perspective at numerous venues since 2010, including local and international conferences, FDA and NIH meetings, and the field's largest scientific gatherings. Adam graduated summa cum laude from the Wharton School of the University of Pennsylvania in 2011 as a Joseph Wharton and Benjamin Franklin Scholar. He spends his free time outside in San Francisco drinking tea, hiking with his girlfriend Priscilla, and teaching his old dog new tricks.

This book is awesome! I purchased it because so many reviews said they wished they'd had this when first diagnosed. I had the same experience! Adam Brown shares his personal experiences, many of his recipes, pitfalls to avoid and great encouragement for those with diabetes. He truly understands that many do not have access to the tools or treatment they need and he is not condescending or opinionated about their struggles. He also provides information for those people so they might find help, which is a great starting point. I've always had trouble sleeping but didn't realize just how important it was to keep BG levels controlled -- yesterday I applied some of his advice and slept a solid 7 hours (cooler room, nothing to eat at least 3 hours before bedtime, no phone noises and eliminating distractions). I think this book will make a real difference in getting as much control as possible for my type 2 diabetes! Many thanks to Adam Brown!

Loaded with valuable and easy to understand information. Makes you stop and think about your life and diabetes. How you can make your relationship with diabetes individualized for you.

Excellent Book and service

Why doesn't a manual like this exist for every aspect of life? It would make things so much easier! This book is INCREDIBLY helpful with practical suggestions on food, exercise, sleep and mindset. The beautiful layout makes the information easy to absorb and reading it is indeed like having a conversation with your most practical friend as they share their best tips and experience with you. Breaking topics down into bright spots and landmines is a really helpful way to think about the different aspects of diabetes management. I would recommend it for ANYONE with diabetes or pre-diabetes... there is useful information for everyone here. Thank you, Adam!!

FINALLY a very informative book written by someone who is living with the disease. While I believe

most endocrinologists truly do want to provide the best advice and care for you, unless you have LIVED with the disease, I think it is often impossible. Adam explains the many, many ways in which blood sugar can be affected, the frustration of when you do everything right and your blood sugar is still whacky, as well as solutions that have worked for him, and can work for other diabetics. Being diagnosed in 1998, I was essentially sent home with a bottle of insulin and a pack of syringes with a "good luck" from the doctor's office. If I had a book like this when I was first diagnosed I could have avoided the many hard lessons I had to learn along the way. While I am in a much better place now with regards to blood sugar control, it was a long journey getting there. This is a MUST read for the newly diagnosed, OR for people like me that didn't get the proper training when initially diagnosed. It will truly make your life with diabetes so much easier after reading this.

Adam presents detailed, action oriented steps in a personal, understanding manner. Chose what works for you. The format promotes easy reading. The book offers many ideas I have not discovered on my own even after living with diabetes for over 50 years. Diabetes is a thinking person's disease. Adam's book adds a fresh perspective to the thinking process.

Hi there, Adam! I just finished my first read of your new book, "Bright Spots and Land Mines. It truly reflects my journey with Type 1 over the years since my first insulin pump and the addition of glucose monitoring and carb-counting. Those new treatment tools have resulted in 17 years of very positive life management and thinking--out of the total of 60 years that I have been a Type 1 diabetic. I once counted the number of times (38) I have been hospitalized for diabetes and/or other health conditions over that 60 years and attempted to calculate the shots and finger sticks during that same period--however, it was mind-boggling. The positive report I can give is that since I started with the pump and glucose monitoring I have not been hospitalized even once and now generally have only 2-3 finger sticks in a day. I have no complications, though I am now seeing some changes in my labwork. I was 6 years old when I was diagnosed with Type 1 diabetes and in the late 1950s treatment was primitive. There have been tough times--such as a stillborn baby--but that shocked me into better choices and a much better life. Eighteen months later I gave birth to a healthy baby boy and now have four lovely grandchildren. But, the daily grind of diabetes and its attendant mental/emotional challenges remains. There is such a psychological component with Type 1 and I am glad to see you have touched on this in your book. When I was very young my uncle, a physician, told me that consensus in the medical community back then was that the biggest problem diabetics have is from

the shoulders up (choices, attitudes, etc.). In a way it is true, but that is not the only problem we have, of course. In view of all the concerns I am so thankful that I have my eyesight and am free to walk or run wherever and whenever. Adam, thanks for your book for it is very helpful and I can second virtually all of it. You have been honest about the demands and pitfalls of Type 1 diabetes, but you communicated hope as well. Thanks!

This is one of my favorite diabetes related books to date! Adam is sensitive in his approach and writes with a really positive tone. He understands how hard life with diabetes can be and helps the reader create really easy action plans to improve glucose control. He shares some really easily applicable tips for anyone with diabetes on any phase of their journey. It was a quick read and one that you'll save for a long time to refer to time and time again.-Naomi Kingery Ruperto, author of The Sugar Free Series

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Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Comlete Guide to Diabetes) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) 101 Things You Wish You'd Invented . . . and Some You Wish No One Had Diabetes: 60+ Powerful Diabetic Superfoods to Reverse Diabetes, Regulate Insulin, Control Blood Sugar, and Lower Blood Pressure (Diabetes Diet, Diabetic, ... Type 2 Diabetes, Insulin Resistance Book 1) Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5)

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