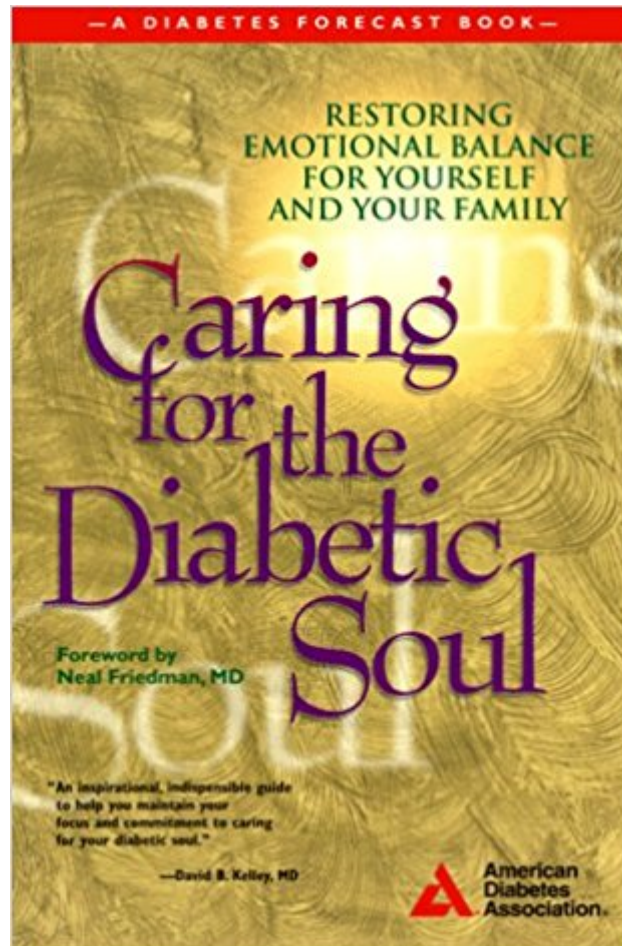




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# Caring For The Diabetic Soul



## Synopsis

This reassuring new book is a collection of articles from the award-winning Diabetes Forecast magazine. Each chapter offers practical suggestions for dealing with the emotional challenges of daily diabetes care. Whether readers want to discover how to balance the emotional ups and downs or offer support and care for the child with diabetes. *Caring for the Diabetic Soul* provides insight, guidance, and most of all, peace of mind.

## Book Information

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## Customer Reviews

A compilation of articles originally published in Diabetes Forecast, this book is intended to assist diabetic readers in accepting responsibility for their disease through the acquisition of good coping skills. Each of the 25 short articles speaks to the emotional impact that diabetes has on the individual and discusses how one's emotional state can influence control of the disease. Written in reassuring language, the essays discuss such topics as stress management, self-esteem, and other emotional issues. Special sections for parents on helping a child or grandchild, especially through the preteen years, are excellent. The information contained in each piece is very basic; Richard Rubin's *Psyching Out Diabetes* (Lowell, 1993) covers most of the same issues in more detail, but the present work would be well used in any health collection. Janet M. Schneider, James A. Haley Veterans Hosp., Tampa, Fla. Copyright 1997 Reed Business Information, Inc.

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I must say I had higher expectations with this book. When I bought it I was -so to speak- going under the ups and downs of the first few weeks after being diagnosed with Type 2, and upon reading comments and reviews I decided this book could help me through some of it. Well, it did in a sense, but after the first few chapters, it becomes incredibly repetitive and, at times, even contradictory. The problem is that it's all made of essays, all of which are written by different people. This results in a true mix that more than once brings back concepts that already have been discussed, more precisely perhaps, the anger that a diabetic experiences and how to deal with it. By the fourth time I read about this, I was almost angry to find the topic discussed again! :) (not so much, but you get the point). Otherwise, it has some great advice. I would say it's best for someone who's on his or her first few days after diagnosis or someone who -regardless- continues to be on an emotional rollercoaster due to diabetes, or for parents of diabetic children. Not really the best resource for spouses of diabetics.

This book was recommended to me to help better understand what people may go through when dealing with this diagnosis.

People with diabetes so often have to read and absorb dense information about their condition. This book, though, does not make those kinds of intense demands on the reader. It consists of a series of brief articles dealing with ways to support yourself or your child through stresses associated with diabetes. Chapters include topics such as surviving the preteens, beating stress and dealing with negative thoughts. Each chapter is written by a different author. I see this as a book you can keep in the bathroom, by the bed or in the car. One day you might want to spend five minutes reading about how to develop an exercise program. Another time, you might read about dealing with perfectionistic tendencies. Read the chapters in any order as you need them.

This book takes you through all the emotions one deals with when faced with the diagnosis of Diabetes. It also gives good insight on how to tap into your own ways of dealing with Diabets on a daily basis. An excellent book!

The Book was in good shape and i received it right away, faster than i expected it. Thank you.

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