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The Marathon We Live: Training for a Personal Best in Life with Type 1 Diabetes (Paperback)

By Courtney J Duckworth

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The majority of people with type 1 diabetes (T1D) struggle to reach the level of blood sugar control recommended by the American Diabetes Association-especially teens and young adults as they transition to fully independent care. Boston Marathon competitor and professional cheerleader, Courtney Duckworth, is familiar with this struggle. Diagnosed with T1D at the age of ten, she spent many years frustrated by lack of improvement in her control. Upon gaining success as a marathon runner in college and inspired by a woman who had lived with T1D for over 60 years, Courtney decided to apply her four-part marathon approach to her T1D care. Written as a quick and relatable read, *The Marathon We Live: Training for a Personal Best in Life with Type 1 Diabetes* uses personal anecdotes, recommendations, and research to describe how this approach brought direction to her management and consistency in her control-benefiting areas of life that extend far beyond T1D. Through encouragement and sharing what she has learned about improving her own care, Courtney hopes others will be empowered to reach new personal bests in life with...



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