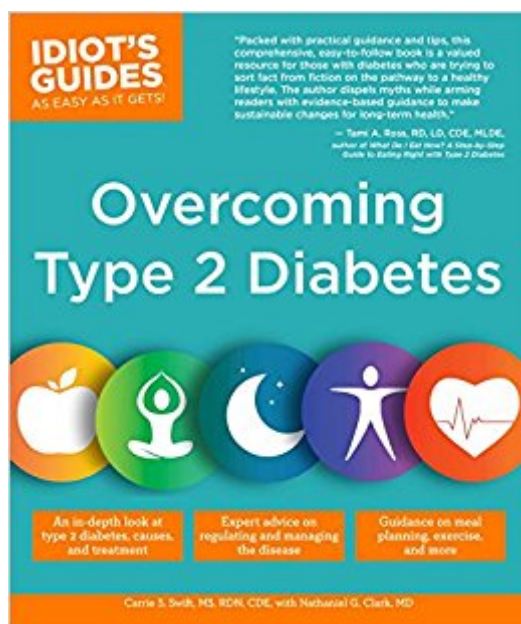


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# Overcoming Type 2 Diabetes (Idiot's Guides)



## Synopsis

Approximately 29 million Americans have Type 2 Diabetes, and the numbers keep rising. *Idiot's Guides: Overcoming Type 2 Diabetes* provides comprehensive information on everything someone with this condition needs to know. A detailed, yet positive, discussion about diabetes, content includes symptoms, monitoring, medications, and support. Helpful advice on exercise and meal planning is also included.

## Book Information

Series: *Idiot's Guides*

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Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #489,154 in Books (See Top 100 in Books) #44 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2](#) #387 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) #2211 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases](#)

## Customer Reviews

Ms Swift's book is a very well written approach to dealing with Type 2 Diabetes.

After a recent diagnosis of diabetes, I have been searching for resources to support my new lifestyle. The absolute best so far is Carrie Swift's *Overcoming Type 2 Diabetes*. This book provides practical information with easy to follow instructions. I especially liked the websites that Swift provides for additional information. This book is head and shoulders above the rest. I highly recommend this book to anyone looking for a comprehensive review of the disease paired with helpful lifestyle tips for dietary changes such as cooking at home and even eating in restaurants.

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