



Unleash Your Inner Diabetes Dominator: How to Use Your Powers of Choice, Self-Love, and Community to Completely Change Your Relationship with Diabetes for the Better

Daniele Hargenrader

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“If every single person living with diabetes could read this book and apply Daniele’s life-changing wisdom, millions of lives would be improved, billions of dollars would be saved, and the face of health in America would be entirely transformed.” — Dr. Jody Stanislaw, PWD, Naturopathic Doctor, and Author, *Hunger*

What is a Diabetes Dominator? Diabetes Dominator is a state of mind: Instead of diabetes being perceived as a weakness or a curse, diabetes can actually be a great source of strength if we choose to let it. We all have the power to turn adversity into advantage. Diabetes can be a catalyst for improving our lives, paying closer attention to what matters most in life, and for being of service to others. I didn’t always feel this way, and that’s why I wrote this book.

BONUS: Get my online health and wellness training program for FREE (\$47 Value) when you purchase. See diabetesbook.com for details. This is the book I wish my mom and dad had when times looked darkest. **This is the book that I wish I could go back and give to my younger self, to tell myself that it’s going to be okay.** To show myself that there is light at the end of the tunnel, and that instead of feeling weak, hopeless, defeated, and unworthy for the rest of my life, that instead I will end up being stronger than I ever imagined possible. Since I can’t go back and tell myself that, the best thing I can do now is give you the message.

"Daniele has a passion for helping people see the potential opportunities in the wake of their challenges. From her own compelling personal story, to the way she has risen to become an effective advocate for people with diabetes in the diabetes online community through her engaging interviews and constructive outlook, Daniele proves to the community that all of us who live with chronic disease can be the dynamic change-makers of our own stories." — Melissa Lee, PWD, Patient Advocate and Interim Executive Director, Diabetes Hands Foundation

"I believe in the power of peer support and sharing our positive stories. Daniele inspires and uplifts all of us through her tireless dedication to share and transform the way we look at diabetes." — Christel Marchand Aprigliano, PWD, Patient Advocate, CEO of The Diabetes Collective, Founder, The Diabetes UnConference

"To paraphrase the late great Yogi Berra, "50% of diabetes is 90% mental." Daniele never lets us forget that we're People first, With Diabetes second." —Gary Scheiner MS, CDE, PWD Owner Integrated Diabetes Services, Author, *Think Like a Pancreas*

"Daniele has a real, genuine passion for the diabetes community. She has made a visible effort to reach out to other diabetics and constantly strives to make all of our stories known. Together we are stronger, and Daniele exemplifies that perfectly!" —Diabetic Danica, RN, PWD, Popular YouTube Video Blogger

"Daniele is a consistent source of positivity, ambition, and inspiration. She knows type 1 diabetes firsthand, she's experienced struggle and she's worked her way towards success. She's shared her journey and wisdom

on achieving success in many ways, and her book is the official cherry on top! If you're looking for the motivation to create change in your own life with diabetes, I highly recommend this book--and anything else Daniele chooses to share with all of us!" —Ginger Vieira, PWD, Author, Dealing with Diabetes Burnout

"Daniele owns her D! She's what Sugar Surfing is all about: the empowered person with diabetes capable of making the tough choices, learning from the results, then taking control to a new level. Let her show you a new path to living well with diabetes. Her book is a must read" Stephen Ponder MD, CDE, PWD Author, Sugar Surfing

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Chad West:

Often the book Unleash Your Inner Diabetes Dominator: How to Use Your Powers of Choice, Self-Love, and Community to Completely Change Your Relationship with Diabetes for the Better has a lot details on it. So when you check out this book you can get a lot of gain. The book was authored by the very famous author. The author makes some research ahead of write this book. This book very easy to read you can find the point easily after reading this book.

Willie Alford:

Playing with family inside a park, coming to see the ocean world or hanging out with close friends is thing that usually you might have done when you have spare time, then why you don't try thing that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Unleash Your Inner Diabetes Dominator: How to Use Your Powers of Choice, Self-Love, and Community to Completely Change Your Relationship with Diabetes for the Better, you are able to enjoy both. It is great combination right, you still would like to miss it? What kind of hang-out type is it? Oh can happen its mind hangout guys. What? Still don't have it, oh come on its known as reading friends.

Betty Guinn:

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experience in reading through a book.

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