



# **The Ultimate Diabetics Boxed Set: Living Happily with Diabetes (Living with Diabetes Book 4)**

*Jenny Perry*

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Why Buy this Set?

There are many restrictions when you're diabetic; diet, lifestyle and fitness programs. Having a full, normal life is not easy but it can be done with a little effort. This set can set you on the right path all in one package.

What's Inside?

Book 1: The Diabetic Diet Plan

INTRODUCTION

Chapter 1 – Living with Diabetes

Chapter 2 – Day-Starter Breakfasts

Chapter 3 – Smart Bites

Chapter 4 – Poultry and Fish Delights

Chapter 5 – Marvelous Meat

Chapter 6 – Grains, Legumes and Pasta

Chapter 7 – Sustaining Soups and Stews

Chapter 8 – Valuable Veggies and Salads

Chapter 9 – Just Desserts

Chapter 10 – The Exchange List

CONCLUSION

Book 2: The Diabetics Bible

INTRODUCTION

Chapter 1 – What is Diabetes?

Chapter 2 – Diabetes and Its Types

Chapter 3 – Getting It Right

Chapter 4 – Let It Show, Let It Show, Let It Show

Chapter 5 – The Diabetes ABCs

Chapter 6 – Taking Control

Chapter 7 – Getting the Right Treatment

Chapter 8 – The Inside Scoop

Chapter 9 – Additional Ammo in Beating Diabetes

CONCLUSION

Book 3: The Diabetes Lifestyle Guide

INTRODUCTION

Chapter 1 – Living in the Shadow of Diabetes

Chapter 2 – One Step at a Time

Chapter 3 – Ready, Willing and Able

Chapter 4 – Getting Into It

Chapter 5 – Jumping Into the Fitness Wagon

Chapter 6 – Working It Out

Chapter 7 – Pushing to the Limit

Chapter 8 – Changing Your Exercise Routine

Chapter 9 – Tips and Helpful Hints

CONCLUSION

Why Buy Now?

It's said that no one dies of diabetes; it's the complications attendant to the condition that can do you in. Even if you're relatively healthy now, this won't always be the case. The best solution to a problem is prevention of the problems from ever developing, and this set can help you do that and still let you enjoy a full and happy life.

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People live in this new day time of lifestyle always try to and must have the extra time or they will get wide range of stress from both way of life and work. So , if we ask do people have extra time, we will say absolutely of course. People is human not really a robot. Then we question again, what kind of activity do you possess when the spare time coming to a person of course your answer will probably unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, typically the book you have read is The Ultimate Diabetics Boxed Set: Living Happily with Diabetes (Living with Diabetes Book 4).

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