



Type 1 Teens: A Guide to Managing Your Diabetes

Korey K., Ph.D. Hood

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Provides teens with a variety of strategies and tips to manage their day-to-day lives with Type 1 diabetes. It gives teens honest and straightforward facts and advice on a host of important issues, including dealing with family and friends; navigating school and future plans; relationships and sex; and alcohol and drugs This primer on the basics of life with Type 1 diabetes empowers teens to be their own best advocates and helps them acquire the psychological and social tools to prepare for a long, healthy life.

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