



# The Sweet Blessing: My Adventures in Diabetes

*Trisha Porretti*

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## **The Sweet Blessing: My Adventures in Diabetes** Trisha Porretti

Diabetes is no laughing matter. But while reading "The Sweet Blessing: My Adventures in Diabetes" you will find yourself laughing out loud. With humor and candor Trisha shares her experiences with Type 1 Diabetes. Accompany her as she travels this unknown landscape. She is the author of two articles "My Pump Holiday Was No Vacation" and "Can Laughter Lower Your Blood Glucose?" Her experience as a stand-up comic inspired her to transform personal tragedy into diabetes comedy. Throughout the US she has shared her optimistic message that diabetes is a blessing rather than a curse. Her book will educate, motivate and inspire patients and their families to lighten up a bit. Diabetes is serious but laughter is good medicine. She reminds us to laugh, for the health of it!

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