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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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A guidebook filled with inspiring stories showing you how to claim your personal power written for people with diabetes and our loved ones.

After reading this book, you can expect to feel a paradigm shift in the way you look at diabetes, an increased confidence in yourself and your capacity to handle any challenges you are faced with, as well as a feeling of pride and accomplishment as you take the actions you need to take and see positive results.

Readers have also reported feeling a sense of freedom from the physical and emotional stress and anxiety of the day to day management of diabetes!

“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

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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.

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.

Diabetes can and will make you stronger if you CHOOSE to take the right actions, and believe that you deserve to feel strong, and that you deserve to feel loved. I hope this book will serve you as a guide and positive companion on that path. — Daniele Hargenrader

Unleash Your Inner Diabetes Dominator includes interviews with top tips, tools and tactics from 16 people thriving with diabetes: Dr. Steven Ponder, Ginger Vieira, Diabetic Danica, Riva Greenberg, Asha Brown, Dr. Sheri Colberg, Edward Fieder, Lis Warren, Shawn Shepheard, and more.

“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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From reader reviews:

Connie Bannister:

In this 21st millennium, people become competitive in every way. By being competitive today, people have do something to make them survives, being in the middle of the actual crowded place and notice by simply surrounding. One thing that sometimes many people have underestimated the item for a while is reading. Yeah, by reading a reserve your ability to survive boost then having chance to stand up than other is high. For you who want to start reading a new book, we give you this 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 book as basic and daily reading guide. Why, because this book is more than just a book.

Edith Macklin:

As people who live in the modest era should be change about what going on or information even knowledge to make these individuals keep up with the era which is always change and advance. Some of you maybe will probably update themselves by examining books. It is a good choice for you but the problems coming to anyone is you don't know which you should start with. This 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 is our recommendation so you keep up with the world. Why, since this book serves what you want and want in this era.

Travis Pope:

The book untitled 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 contain a lot of information on this. The writer explains your girlfriend idea with easy technique. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read the item. The book was authored by famous author. The author provides you in the new period of time of literary works. You can actually read this book because you can keep reading your smart phone, or gadget, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site and also order it. Have a nice learn.

Terry Hollis:

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