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Islands and Insulin: A Diabetic Sailor's Memoir

Erin Spineto

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Islands and Insulin: A Diabetic Sailor's Memoir Erin Spineto
"Islands and Insulin is probably the most entertaining diabetes book I've read to date..."
--Amy Tenderich, Founder and Editor of Diabetes Mine, and founder of the DiabetesMine Design Challenge

"I read this entire book in one sitting, laughing at some parts, nodding my head in recognition at others, and just marveling at how much of the diabetes experience was captured."
--Kerri Sparling, creator and author of Six Until Me, one of the first and most widely-read diabetes patient blogs

"It's an enjoyable mix of love, learning, diabetes, and adventure."
--Scott Johnson, Diabetes Advocate, Writer, Speaker, Consultant at Scott's Diabetes

Islands and Insulin is the story of a girl, given a boat, one hundred nautical miles of ocean, and way too much caffeine to reflect on how an incorrigible disease has altered her voyage into adulthood, all wrapped inside a diabetes survival manual. It is a cross between the humor of Steve Markley's Publish This Book, the travel journal of Jimmy Buffett's A Pirate Looks at Fifty, and the sailing of Pete Goss's Close to the Wind minus the sixty knot winds, fifty foot waves, below freezing temperatures, and the slick escape from death... hopefully.

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