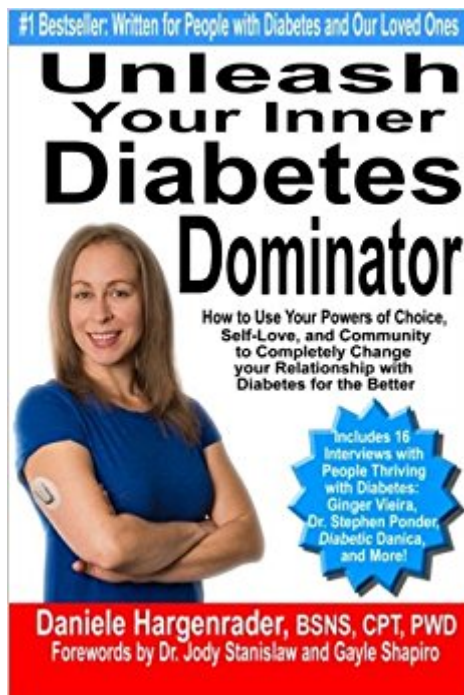


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# Unleash Your Inner Diabetes Dominator: How To Use Your Powers Of Choice, Self-Love, And Community To Completely Change Your Relationship With Diabetes For The Better



## Synopsis

“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 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. **BONUS:** Get my online health and wellness training program for FREE (\$47 Value) when you purchase. See [diabetesbook.com](http://diabetesbook.com) for details. 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. “Daniele has a passion for helping people see the potential opportunities in the wake of their challenges. From her own compelling personal story, to the way she has risen to become an effective advocate for people with diabetes in the diabetes online community through her engaging interviews and constructive outlook, Daniele proves to the community that all of us who live with chronic disease can be the dynamic change-makers of our own stories.” • Melissa Lee, PWD, Patient Advocate and Interim Executive Director, Diabetes Hands Foundation

“I believe in the power of peer support and sharing our positive stories. Daniele inspires and uplifts all of us through her tireless dedication to share and transform the way we look at diabetes.” • Christel Marchand Aprigliano, PWD, Patient Advocate, CEO of The Diabetes Collective, Founder, The Diabetes UnConference

“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

### Book Information

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## Customer Reviews

Daniele Hargenrader, AKA the Diabetes Dominator, is a nutritionist, diabetes and health coach, and certified personal trainer. She has been living with type 1 diabetes for almost 25 years, diagnosed in 1991. Daniele founded Diabetes Dominator in 2009 with the intention of serving those who are looking for a path to turn a perceived adversity into an advantage through the Diabetes Dominator system and the Six Pillars of Total Health. She helps individuals from all walks of life to think, eat, and move in ways that allow them to achieve a quality of health and life that they previously thought unattainable. Daniele began her YouTube interview series, Unleash Your Inner Diabetes Dominator, in early 2015 in order to showcase as many positive role models in the diabetes community as possible. She wanted to clearly demonstrate that there are endless inspirational

examples of the fact that living with diabetes should never be the reason we don't chase after our dreams and passions in life. Check out over 30 awesome interviews here:

[youtube.com/824daniele](https://youtube.com/824daniele) She is an international speaker, has presented at Fortune 100 companies and top-ranked hospitals and universities, and has dedicated herself to teaching people how to live the life they imagined through optimal health. Daniele ballooned up to 200 pounds a few years after her diagnosis and the unexpected and sudden death of her father. She also battled depression and a binge eating addiction. Through these adversities, she eventually took herself from obese to athlete. Daniele currently lives in Philadelphia (with an imminent move to southern California) with her husband, Bill, and their two cat children, Kitty and Frankie. Meet Daniele and receive free training and resources at [DiabetesDominator.com](https://DiabetesDominator.com).

So glad the author shared her personal story as a way to relate to those of us struggling to figure out this disease firsthand or for people we love. Her passion for educating and helping the masses is obvious after reading just the first few pages. There is a lot of information available out there on diabetes, but this book packs a mean and straightforward punch. Can't wait to see what else this author has coming in the future. Highly recommended and well worth the read.

Whether you're diabetic or not this book is a MUST HAVE. After reading this book, you will not only have a better understanding of what you need to do to be more health conscious but also why. The personal story of Daniele's struggle is something that any diabetic can relate to and will give you real honest feelings about what it is like struggling with diabetes and how to gain control of this disease. This is a great read and even if you are not diabetic, it can help you understand the disease more and maybe even understand diabetics more than you know in your life. Great advice and not just for diabetics this can help any individual enhance their relationship with their health.

I appreciate Daniele's examples of several diabetics with their own history and suggestions in her book. I like knowing she lives with this illness and thus she is a peer in our struggles and our challenges. She seems to strive to go the extra mile in her work and in her help to readers and to other diabetic clients. I recommend her book to type I and even type II diabetics will learn helpful information as well.

I wish I had the Diabetes Dominator book when my father and mother-in-law had diabetes years ago. Daniele Hargenrader powerfully combines her practical 6-Pillars of Total Health framework with

inspirational insights to live your best life. If you, or a loved one, live with diabetes, you owe it to yourself to learn all you can from someone who leads by example so you can discover and unleash your Diabetes Dominator."

Daniele's approach is straight forward and a wonderful, concise record of how she has tamed that which many type 1s wrestle with. The six pillars - Mindset, Nutrition, Exercise, Support, Body Systems and Mindfulness really nail the issues that haunt those of us on the same path. The book is written in such a way that during my reading of it, I could say "I'll try that". and the anecdotes are funny, and examples of real life. Thank you, Daniele!

This book changed my life! After reading this book I reached out to Daniele and joined the group challenge. I am so grateful to have Daniele in my life. I have learned so much about health, exercise and making healthier choices. I now have the mindset and confidence to control my diabetes and not let my diabetes control me. There is so much valuable information in this book that I am reading the book for the second time.

This was a gift for a girlfriend. She said she liked the book.

I love how this book focuses on the choices we CAN make. Not everything is within our control when you have diabetes so you have to maximize the things in your life that you can do to feel the best you can. I especially like that this is written by someone who understands the real-life struggles that people with diabetes face.

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