Do you have type 2 diabetes?

Then this book is for you. It can help you live a longer, fuller life.

What’s inside?

**Part 1: Getting Started**

Words from other people living with type 2  
Your top 3 reasons for managing diabetes

**Part 2: Living Well With Type 2**

About type 2 diabetes  
Managing type 2 diabetes

**Part 3: Lisa’s Success Story**

A day in the life

**Part 4: Answers to Your Questions**

Quick answers to your questions  
What to ask your doctor about type 2 diabetes  
Stick with it