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The dictionary says a myth is a “false belief” or an “imaginary story.” Myths most often grow up around things that are important. Or around things that are hard to understand. Well, diabetes certainly qualifies on both counts! If some of what people believe about diabetes isn't true, it can cause them to make poor decisions. Or they may be working harder than they have to because they don't know their options. This engaging and irreverent little book, sold with or without the fun and up-to-date teaching video, will help anyone with diabetes find the myths that are complicating their lives. Then the truth behind every whopper is explained. Anyone who still believes that “people with diabetes can't eat sugar,” or that “my doctor takes care of my diabetes,” needs this set! Written by Kris Swenson, RN, CDE and Betty Brackenridge, MS, RD, CDE.

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