

## Acknowledgements

I would like to thank my family, including all my children and grandchildren, as well as my friends, who have provided encouragement and counsel. I would most especially like to express my love and appreciation for my husband, Jerry McWhorter, for his unwavering support while I was writing this book.

I would also like to thank Victor van Beuren, of the American Diabetes Association, who believed this was a worthwhile endeavor.