



ADAM BROWN

Foreword by Kelly L. Close

Bright Spots & Landmines: The Diabetes Guide I Wish Someone Had Handed Me

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Adam Brown's acclaimed *diaTribe* column, Adam's Corner, has brought life-transforming diabetes tips to over 600,000 people since 2013.

In this highly actionable guide, he shares the food, mindset, exercise, and sleep strategies that have had the biggest positive impact on his diabetes - and hopefully yours too! *Bright Spots & Landmines* is filled with hundreds of effective diabetes tips, questions, and shortcuts, including what to eat to minimize blood sugar swings; helpful strategies to feel less stressed, guilty, and burned out; and simple ways to improve exercise and sleep. Along the way, Adam argues that the usual focus on problems and mistakes in diabetes (Landmines) misses the bigger opportunity: Bright Spots. By identifying what's working and finding ways to do those things more often, we can all live healthier, happier, and more hopeful lives. Whether you are newly diagnosed or have had diabetes for over 50 years, this book delivers on its promise: practical diabetes advice that works.

Enjoy this Premium Full Color Edition, containing over 200 photographs and illustrations, printed in full color.

Bright Spots & Landmines: The Diabetes Guide I Wish Someone Had Handed Me Details

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Jill says

I received this book as part of a Goodreads giveaway, thanks to the author - Adam Brown and Goodreads for the opportunity. I really liked how this book was laid out with the major headers of food, mindset, exercise and sleep. This layout supports using it as an ongoing resource guide to re-read specific sections you need to work on and the questions at the end of each chapter for the "Bright Spots and Landmines" make it function as a workbook/journal too. Even though this is clearly written as what has/hasn't work for the author in his journey, the takeaway is to go with what works for you. I really liked the suggestion about the numbers not being good or bad, just info to make a decision. That really put it into perspective for me, thanks!

Brandon says

I learned a lot from this book. I learned a lot of the alternate names the sugar industry likes to use to fool the people. I learned that food is the worst part of having diabetes and is hard to eat healthy and stay inside a good range. Very educational.

I would like to thank the Goodreads giveaways program for allowing me a chance to win this book.

Ashley Dartnell says

I have been reading Adam Brown's columns in diatribe for years and have found them to be the singularly most helpful information available about day to day life with type 1 diabetes. This book has continued Adam's mission to enhance and improve the lives of people with type 1. It is clear, thoughtful, and has exceptionally good advice on how to manage a complicated condition day in and day out. I am hugely grateful to Adam (and to Kelly Close who wrote the forward and who started diatribe) for the investment in this truly outstanding book. I highly recommend both the book and diatribe.

Jennifer says

While I congratulate the author on his success in his diabetic journey, I wish I had never read his book. No one who refers to themselves as a perfectionist achiever should ever write a book on advice or self-help. It made me feel like a big ol' failure and completely miserable at the thought of having to live my life like he described.

Most of the book is more biographical than helpful. It includes very little for those diabetics who aren't perfectionist achievers, on medications other than insulin, or tech obsessed twenty-somethings who always have an app for everything.

Donna says

I thought this book was very good. I think it is best for people with type 1 diabetes, but it has much to offer to people with type 2 if you know what stuff you can skip, which may be a challenge for those who are type 2 and are new to understanding it. I found that Adam Brown takes a similar approach to diabetes diet, exercise and sleep which I have been doing for years, but because he is type 1 his challenges are greater because he is more sensitive to carbs than I am and must always consider balancing insulin intake and food intake. I did learn quite a bit in this book, especially about the challenges of type 1 diabetes. For my own self care the book has helped me realize the importance of self testing and re-evaluating my diet and test results more regularly.

I would suggest that Adam Brown write a shorter, simpler version of this book for people who are type 2 and managing diabetes mainly through diet and exercise without needing to factor in insulin timing and doses.

Meredith Hecker says

Alright- I can acknowledge that if you were newly diagnosed, this book might be helpful. I can also acknowledge that if you are not newly diagnosed, but this book provided a needed reminder to improve your diabetes that that is a great thing.

That being said- I'm not a fan. Brown is a self-described perfectionist and it shows. This man says for a "dessert," he treats himself with mint tea with a tablespoon of unsweetened cocoa powder mixed in. Uhhh...sorry buddy but I want to enjoy my life. Unsweetened cocoa with a mint teabag in hot water isn't a dessert. I wish this had been more about moderation (i.e. don't have dessert often, but limit yourself to really special occasions etc.). But then again, the author literally spent a semester in Hong Kong and instead of eating local food (or as he says "carb-o-riffic breakfasts"), he made scrambled eggs in the microwave every morning. I like to think I do well with my Type 1 Diabetes, but uh I'm going to enjoy the local culture instead of condescendingly making scrambled eggs.

In short, this just sounded like such a sheltered, regimented life. Yes, as a diabetic it DOES need to be regimented, but to this extent, I have to wonder if it's worth it?

Also just my two cents- I'm a Type 1 Diabetic. This book claims to cater to both, but I would say it caters more to Type 1.

Ran says

I would say this book is probably one of the most simple yet comprehensive approaches to diabetes that I've ever come across. Adam Brown addresses "bright spots" (good things) and "landmines" (bad things) in diabetes through food, mindset, exercise, and sleep for how to better control this monster.

I do many of eating "bright spots" that Brown suggests, which I was happy to hear (and congratulated myself on my inadvertent brilliance, of course), including: eating less than 30 carbs at a time, choosing breakfast high in protein, fat, and fiber (always eggs and spinach), filling my plate with veggies (and snacking with veggies), cooking at home, eating berries (even if, man, ... raspberries go bad so fast), snack on nuts and seeds, and eat slowly (I could do this better, though).

As for food landmines, I do tend to eat out of the package (goddamnit!), and binge a little on not good stuff ... and admittedly I like all sorts of fruity drinks though I'm sticking to tea/coffee/water/seltzer. I could myself do more insulin, but I tend to manage better through food (which is part of what this book is advocating).

Worth it? Yes, definitely. Brown sums up tricks that I think older diabetics have taken years to figure out. So, yup, worth it.

Jenny says

As a fellow T1D this was well worth the read! Just like the day to day challenges of diabetes this is by no means an all inclusive guide. The author is very forthcoming this is what works for him. He offers suggestions to figure out what works for you. Borrowed it from the library, but am likely going to purchase it to have around as reference.

Eric says

Well organized thoughts for Type1 and Type2 Diabetes

Bright Spots and Landmines is a very well book organized on key topics related to Diabetes. It may be the best book I have seen in speaking both to Type1 diabetics and Type2 diabetics with relevant information despite the vast differences between the two. Almost all information is presented without reference to Type. Additionally it can be read from cover to cover or each section is laid out so the reader can jump to the area of most interest with easy to follow bullet points. The concept of highlighting Bright Spots - positive things - or land mines - things that can trip you up - is a great way to think about management.

The book was very motivating and practical with its recommendations. However, I did find myself at times discouraged by how motivated the author is. I walked away feeling less able to manage my disease because the author is so motivated by his Bright Spots. I began comparing myself to the authors 12,000 steps a day, well balanced eating, hours of sleep, etc.

This is a great book, just recognize that the author is super motivated and is trying to inspire not discourage others with his great ideas.

Nicky says

What a fantastic book with many suggestions and ideas in order to change how you look at life with diabetes. I have been using many of the bright spots and already see improvements in my life. This is a great book and I recommend it for all diabetics.

Lori Wise says

Easy to read and very motivational. As a diabetes medical provider I will recommend this to patients and families. Practical advice from someone who lives with diabetes daily.

Heather Voyer says

I received this book as a giveaway. My husband is a diabetic, and keeps this dog-eared volume in the kitchen for easy access. He especially likes the recipes included in this book.

Denise Mills says

16 years ago this month I was the center of attention as we prepared for my wedding but 3 days before, my sister was hospitalized as the Dr. discovered she had type 1 diabetes and her body was shutting down. My sister nearly died but after air lifting her to the "big city" on my wedding day, the doctors were finally able to stabilize her blood sugars. So even though she missed my wedding, I celebrate the life she has lived with T1D by reading this book she recommended for anyone with diabetes or knows someone who has diabetes. When my sister was first diagnosed it was common for her to hear about 'diabetic desserts' meaning they had a sugar supplement but this book shows how encompassing the disease really is. Every aspect of life is affected, eating, exercise, sleep, stress and even mindset. The author is one of my sister's favorite writers for an online diabetes site, diaTribe.org. He discusses things that work to keep his blood sugar in range, bright spots, and dangers he has encountered, landmines. The author often says that even though these are good suggestions, there is no one way to manage the disease and there are so many triggers in life to effect individual blood sugars.

I enjoyed reading this book and seeing all the ways my sister tries to do what a normal body does automatically, perfect glucose sensing in seconds and the perfect amount of insulin delivered in seconds to the perfect location (liver, not under the skin) and so on. I highly encourage you to read this if you know anyone with diabetes.

Jennifer Rainey says

Loved the mental notes

I felt this book was overly repetitive, 3-4x of the same thing made me feel like I was banging my head against the desk. However, I feel like the author would only probably end up with a 3 set of a blog series, versus a book, if he shortened it to make it clearer.

Also, loading up on carbs to get blood sugars HIGH FIRST, is an absolute joke. Lowering pumping basal an hour or two before, or removing it all together seem like much more intelligent choices.

Last, I really enjoyed the mental notes, from sleeping and clocks to not beating myself up over a "bad number". The latter's tips and tricks are now in my diabetes tool box, because of this book.

Californiac8 says

This is a must read not only for people with diabetes, but for everyone!
