



# My Diabetic Soul...an autobiography

*A. K. Buckroth*

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## **My Diabetic Soul...an autobiography** A. K. Buckroth

In 1959, Andra Kae Buckroth was diagnosed with diabetes. Through this book, she takes you through more than five decades of living with this disease - courageously and successfully. Having been ostracized as a child, misunderstood, ignored and denied, she learned how to take care of herself. Her stories are true. Her experiences are real, although humorous at times. Ultimately, this life story encourages a positive attitude with a conscientiousness to the development of your own blueprint to health. Learn for yourself! Then learn some more! Take care - important words to live by.

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