



### *"Sugar Free Sweet Talk"*

is a collection of inspirational poems expressing the power that positive thoughts and feelings can have on our attempts to understand ourselves and respond appropriately to the existence of others. It is hoped that among the works the reader will feel a sensation, be intrigued by an idea, hear a sound or indeed experience several or all of these. Most importantly, it is hoped that the work will be instrumental in raising funds to find a cure for diabetes, bringing relief not only to millions of people with the disease, especially children, but also to their caregivers.

#### ABOUT THE AUTHOR

**Jim Meehan** was born in Liverpool, England, and has been designated a British Chartered Psychologist and British Chartered Scientist by the U.K.'s Science Council. Meehan is also a Chartered Fellow of the British Chartered Institute of Personnel and Development. Currently he resides in Lincoln, Nebraska, U.S.A., and his work with Talent Plus takes him all over the globe. His main interests lie in exploring the positive power that human relationships have in bringing out the best in people and also in delving into the interplay between emotions and reason. He was diagnosed with diabetes in March 1996 and is deeply committed to helping find a cure. A member of the American Diabetes Association and a lifetime member of Diabetes U.K., he is active in supporting the Juvenile Diabetes Research Foundation International.

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