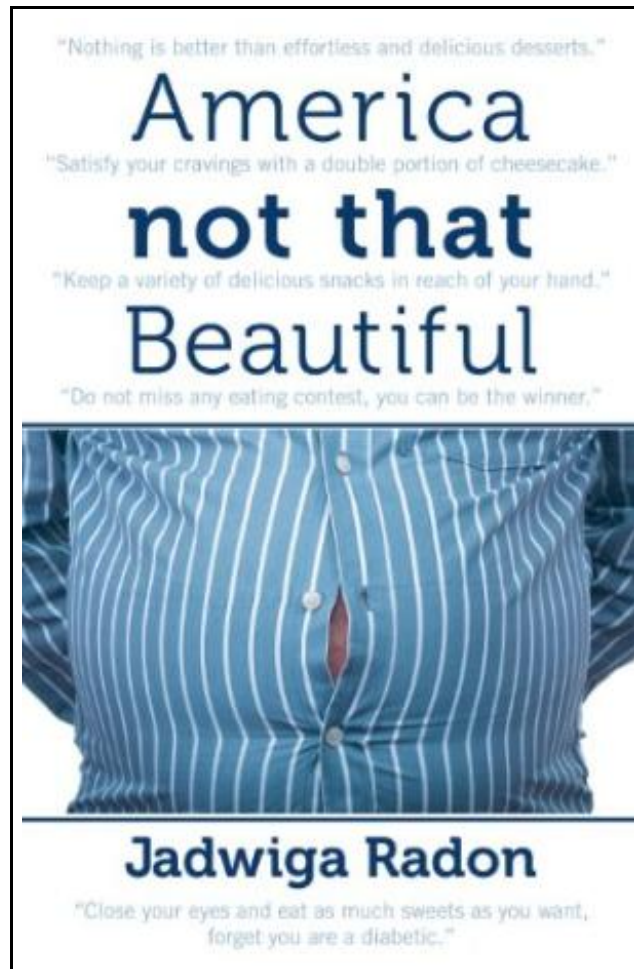


America Not That Beautiful



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(Prof. Douglas Grady)

AMERICA NOT THAT BEAUTIFUL



Dog Ear Publishing, United States, 2013. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Why I wrote this story Obesity and diabetes in this country have become epidemics. As a newcomer, I was shocked to find out about them. While writing this story, I tried to look at this issue as an outsider might, and I intend to share my experiences with fighting diabetes. Many diabetics feel helpless and unable to deal with this disease. They think that it is neither curable nor reversible; however, it is curable, and reversible. That is why I decided to write this story and share my experience with fighting diabetes. Since I care about others I want to encourage the all who have diabetes to start right diet and exercise. There is always a chance to push this disease back. The sooner you start working on it the better chance is to beat your diabetes. I hope you will find some useful tips while reading this story. Introducing myself I am a Polish American and I have lived in the United States since 2001. I live in Idaho. Its landscape, particularly the mountains, and seasons remind me of my country and make me feel at home. I love nature and mountains, and that s why Coeur d Alene is the best place for me to live. I have always been fascinated with mountains, and walking and hiking are my favorite outdoor activities. They help me stay in good shape and feel healthy. Though I am in my sixties, I don t feel as though I am over the hill. I am a retired teacher interested in psychology, history, and politics. I am a great life observer and a good listener. My long teaching career...



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