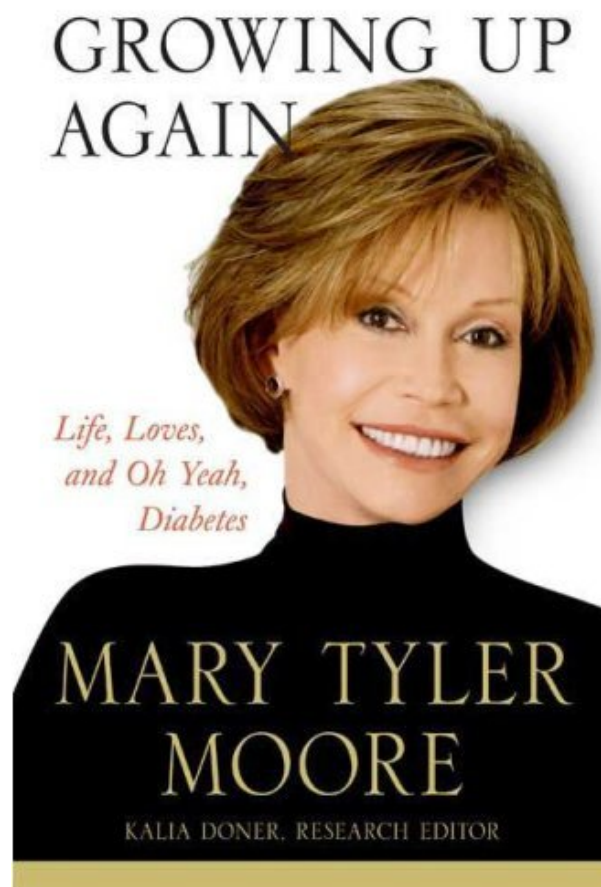


GROWING UP AGAIN: LIFE, LOVES, AND OH YEAH, DIABETES BY MARY TYLER MOORE



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GROWING UP AGAIN

*Life, Loves,
and Oh Yeah,
Diabetes*

MARY TYLER
MOORE

KALIA DONER, RESEARCH EDITOR

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Review

“Her TV alter ego, Mary Richards, may have been perfect, but it’s Moore’s imperfections that make her the ideal author of this surprisingly frank memoir about living with diabetes...this helpful and illuminating guide is a winning mixture of personal stories with occasional visits to experts.”

--Publishers Weekly (starred review)

From the Back Cover

Excerpt from Growing Up Again:

Each person who has diabetes struggles to come to terms with it and experiences the basic challenges of the disease in a uniquely personal way. For me, it has been a trip through rebellion and denial to finally arriving at acknowledgment and commitment to solutions. It took years. And I still rankle at the restrictions, the have-tos, the may-nots, and the never-endingness of it. But the illness is what it is, and I thank God for the genius of medical researchers who have done so much to make diabetes a less cruel imposition while propelling us toward a cure.

I don’t think the story of my life with diabetes is a model for anyone else. There’s no template to follow that will determine the course of the disease and how it affects a person’s life; no one right way to manage diabetes. What I have put on paper is simply the tale of how, in the course of everyday living—dealing with the losses, the dead ends, and the triumphs that come in often seemingly random order—I’ve dodged, faced, and sometimes conquered the challenges of diabetes. I’m sharing my story because it is what I have to give, shedding some light on the follies and achievements that I’ve racked up in my daily confrontation with the disease.

But my journey is just a part of the picture. So I've talked with other people who have diabetes to give voice to their experiences, to provide a varied view of how to live and thrive. And I've sought out some of the wisest and most capable doctors and scientists who are waging war in the laboratory and conducting bench-to-bedside experiments that are producing new and exciting treatments to help the millions of people with diabetes manage—and ultimately vanquish—the disease.

About the Author

MARY TYLER MOORE is a seven-time Emmy Award-winning actress, Tony Award recipient, Academy Award nominee, as well as a longtime activist and fund-raiser for diabetes research. Her previous autobiography was *After All*.

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With generosity of spirit, ebullience, and sly humor, Mary Tyler Moore presents the intensely private, often funny, and sometimes startling story of her life with diabetes. *Growing Up Again* is a delightfully candid read for her legion of fans, the more than 20 million Americans with diabetes, and everyone struggling to cope with life's unexpected challenges.

Mary Tyler Moore, actress and activist, relates the highs and lows of living with type 1 diabetes for the past forty years. With inspired, well-crafted prose, she drills down to the most heartfelt, yet universal truths about life—including the lives of those with diabetes. She unflinchingly chronicles her struggle with diabetes, as well as her successful rehabilitation from alcohol dependence, all while deriving gratification from her roles as an actress, mother, businesswoman, campaigner, and fund-raiser. Her revealing tales of both her successes and failures in coping with diabetes offer others with the disease guidance and inspiration through example. In the book, stories include her rebounding from a low-blood-sugar episode during a *Mary Tyler Moore Show* script reading after the director poured orange juice down her throat, to misadventures caused by diabetes-related vision impairment at a dimly lit party for John Travolta.

She also taps into the vast diabetes research network to talk to diabetic children and adults and with leading experts who are discovering new ways to control diabetes and its complications, and pursuing new ways to cure this disease.

- Sales Rank: #455003 in Books
- Brand: St. Martin's Press
- Published on: 2009-03-31
- Released on: 2009-03-31
- Original language: English
- Number of items: 1
- Dimensions: 8.57" h x .98" w x 5.77" l, .78 pounds
- Binding: Hardcover
- 240 pages

Features

- Great product!

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About the Author

MARY TYLER MOORE is a seven-time Emmy Award-winning actress, Tony Award recipient, Academy Award nominee, as well as a longtime activist and fund-raiser for diabetes research. Her previous autobiography was *After All*.

Most helpful customer reviews

2 of 2 people found the following review helpful.

Thank You Mary For The Gift of This Book.

By Lisa H

SUMMARY

This is Mary Tyler Moore's story of her life with Diabetes. She freely admits that her story is not a model for anyone else. She struggled through rebellion, and denial only to eventually arrive at acknowledgment and commitment. It took many years for her to overcome the struggles and challenges of diabetes. But, her story is her gift to us.

In addition to her story, *GROWING UP AGAIN* contains an lengthy Appendix with a wealth of information and on diabetes.

REVIEW

Mary Tyler Moore, a cultural icon, passed away on January 25, 2017. I wanted to read this book in remembrance of her and her fight with diabetes. I have a son who has had Type 1 diabetes for over 15 years. I thought it might be interestingly to compare our experiences. She had served as the international chairman of JDRF, which an organization which has done so much to advance the cure for Type 1.

While I really appreciate her honesty in writing this book, it really made me sad to realize that she struggled

with life as much as she did. She struggled not just with her diabetes, but also with her insecurities, her marriages, her alcoholism and her health.

Mary Tyler Moore's voice in *GROWING UP AGAIN* was typical of her girl next-door persona. She was able to laugh at herself, despite her many challenges. Having diabetes very rarely slowed this iconic woman down. Thank you Mary, for your gift!

0 of 0 people found the following review helpful.

I purchased this book because I have many family members ...

By betty

I purchased this book because I have many family members with type 1 diabetes which Mary had. She didn't feel sorry for herself, but did show how diabetes affected her life. I think everyone who has a family member or friend who has diabetes should read this book. It helps the rest of us to understand how much diabetes affects a diabetic every minute of their life. They have to think about it constantly so they know where their "numbers" are.

4 of 4 people found the following review helpful.

Thanks, Mary, I needed this!

By Just Me

As a Type 1 for 30 years, I have recently come face to face with my first complications. It meant so much to read her thoughts, fears, and philosophies of living with diabetes. And she gave me a much needed reality check in discussing that we each have to decide for ourselves the level of control we want to achieve, and that everything is a trade off. Just hearing another long term Type 1 talk about complications and the struggles of balancing a full life and diabetes control was invaluable!

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