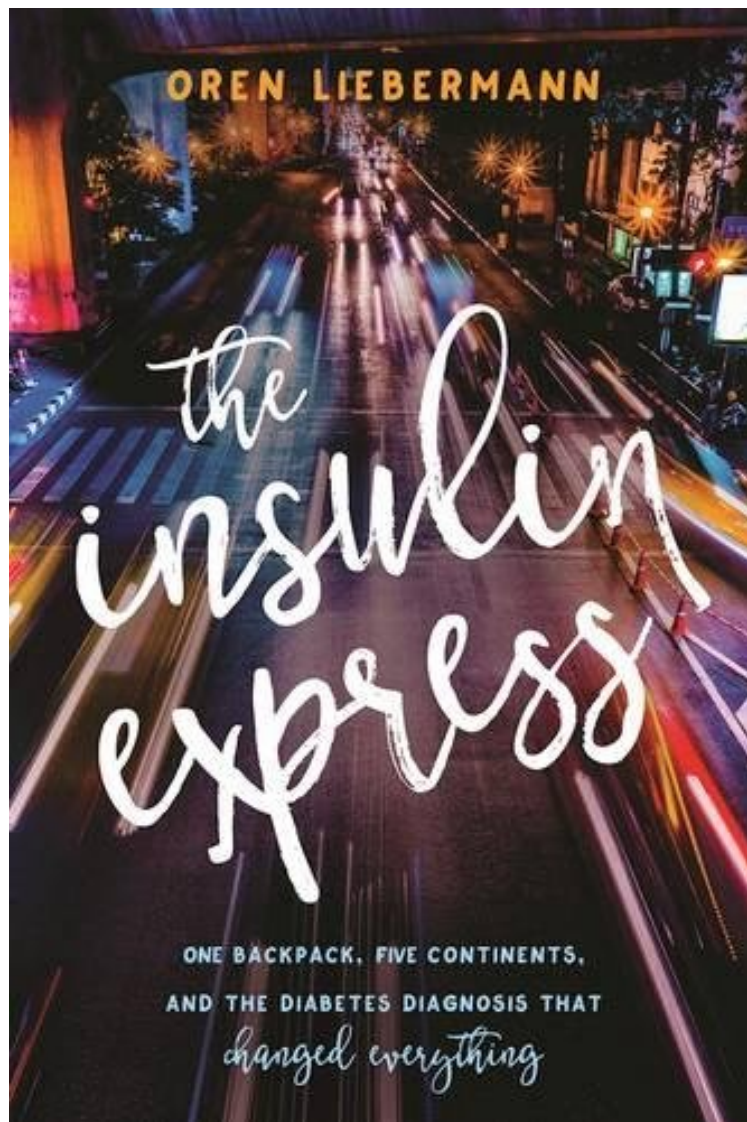


[Download] The Insulin Express: One Backpack, Five Continents, and the Diabetes Diagnosis That Changed Everything

The Insulin Express: One Backpack, Five Continents, and the Diabetes Diagnosis That Changed Everything

Oren Liebermann

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Oren Liebermann : **The Insulin Express: One Backpack, Five Continents, and the Diabetes Diagnosis That Changed Everything** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Insulin Express: One Backpack, Five Continents, and the Diabetes Diagnosis That Changed Everything:

3 of 3 people found the following review helpful. Totally recommend this book
By Larry Hirsch
Totally recommend this book. It's part travel blog for a year long adventure, as well as medically informative about diabetes, the sudden onset, the diagnosis in foreign country, the daily maintenance and administration of insulin, and totally living with the disease. It's inspiring how the author conquered all with the help of his wife...And how all this changed his life in positive ways...it can be any disease or unexpected turn of events in one's life that can make a person stronger. It's a valuable lesson for any reader.
0 of 0 people found the following review helpful. Interesting book about taking time off to travel (and getting diabetes!)
By anonymous
I really enjoyed this book. I was recently diagnosed as diabetic and was really interested in Owen's story, though I think this book would appeal to anyone, diabetic or not, as it's just as much a travelogue on his world travels as a diabetic memoir. He showed a lot of fortitude to keep traveling after his diagnosis and it inspired me that I could travel with diabetes, too. He has a real zest for life and for traveling and I'd now like to see some of the spots he writes about in the book. Some of the most enjoyable parts of the book are his interactions and emails with his very worried family members. Priceless!
0 of 0 people found the following review helpful. Such an inspiring book
By Jennifer Rainey
As a 24 year type one survivor, I thoroughly enjoyed every bit of this book. He was raw and real, documenting his travel and his middle finger towards diabetes, and incredibly inspiring at the same time. As I'm reading this, I'm finishing up a two week stint in Hong Kong to Putian to Xiamen to Beijing to Taiwan to Japan. All of that after struggling with type one and diet issues fighting some cultural norms that made my diabetes spin out for a few days. It couldn't have fallen into my kindle at a better time.

A travel memoir through thirty countries, a thousand insulin injections, and one man's journey from despair to confidence. With tips and information from the American Diabetes Association. In the middle of a yearlong backpacking trip around the world with his wife, Oren Liebermann is teaching English to young Buddhist monks in Pokhara, Nepal, when his body begins to fail him. He is constantly thirsty and exhausted, and by the time he steps on a scale, he has lost forty-five pounds. At a local clinic, a doctor gives him a diagnosis that will change his life forever: Im sorry to tell you, my friend, that you are a diabetic. Devastated, Liebermann is trapped in a freezing hospital room, trying to recover enough to fly home. His friends and family urge him to call off the rest of his trip. He had quit his job as a TV news reporter for this dream-come-true journey, but the nightmare diagnosis has thrown his world into disarray. However, Liebermann and his wife, Cassie, make a decision. They have an adventure to finish, and he has the rest of his life to live. Bold, raw, and poignantly candid, *The Insulin Express* tells the story of what happens when the best-made travel plans are subject to the ever-present chaos of life, and how a major setback can turn into the opportunity of a lifetime. Despite struggling with a chronic disease that almost kills him in the Himalayas, Liebermann hikes along the Great Wall of China, conquers the Inca Trail to Machu Picchu, and sips cobra whiskey in Laos. What begins as a travel chronicle across thirty countries transforms into a single journey of resilience and self-discovery going from hopelessly lost and then wonderfully found.

"This unusual combination of medical and travel memoir offers candid testimony to human resilience. It also manages to be funny, relatable, and inspiring at the same time. Readers will be motivated to update their passports or, at the very least, try something new. Liebermann hits the mark with his engrossing literary debut.
Booklist
"The Insulin Express is a very special, exciting book . . . Oren Liebermann becomes a friend as he takes his readers on a remarkable journey. Eleanor Bobrow, Host, *Take Charge of Your Life* (WDIY/NPR)
A must-read for anyone who loves travel, cares about their health, or just likes to have coffee with a good friend. That's the way *The Insulin Express* feels like a long overdue chat with a buddy who's had some pretty amazing adventures . . . [and who] teaches us all a lot about life and love." Elizabeth Cohen, CNN Senior Medical Correspondent
The Insulin Express is part Casablanca-like travelogue and part suspenseful thriller. Oren and Cassie's adventure will inspire you, not only with his rich, detailed descriptions of places most of us will never visit, but also with his determination to continue on after being diagnosed with type 1 diabetes. It's a tale of inspiration, in the truest sense of the word. . . . I cannot wait for the sequel." Jeff Hitchcock, founder and president of Children with Diabetes