

What People Are Saying about

Sugar Was My Best Food: Diabetes and Me

“Adair Gregory wants kids struggling with diabetes to know they can live with it. . .Experts feel he has succeeded.”

People Magazine, “Sweetness and Fight”

August 24, 1998 Issue

“It’s a wonderful book. . .A remarkable story.”

Kevin Newman, Co-Host

Good Morning America, June 30, 1998.

“I think it (*Sugar*) is terrific. . .Very honest. . . A terrific book for any young person and their family to read. . .Adults can benefit from the book.”

Dr. Timothy Johnson, ABC News Medical Editor

Good Morning America, June 30, 1998.

“When a child can’t join in, when illness strikes, something fearful and sad replaces what before felt invulnerable, as Adair Gregory found out two years ago. Twelve year old Adair Gregory found the experience of diabetes as bewildering and frightening as anything he’d ever known. He decided to write his own story for other children with diabetes.”

Jackie Lyden, National Public Radio

“All Things Considered,” April 25, 1998.

“I love that story---I was quite moved by it.”

Robert Coles, MD.,

Letter to the authors, December 1998.

“It is beautifully written and achieves the goal of telling the story about what having diabetes means from a child’s point of view.”

Dr. Joseph Wolfsdorf

Harvard Medical School/Worldwide Diabetes Expert

April 26, 1998

“In his book, Adair Gregory aims to help other children understand his disease.”

The Boston Globe
April 27, 1998

“A brave kid. . .whose battle against a serious disease inspires the adults around him. . .He’s setting an example for people of all ages.”

Paramount Pictures
NBC/Channel 7
October 28, 1998

“There are more than 15 million people in the United States living with diabetes, including 123,000 under the age of twenty. Now among that group is a little twelve year old boy. . .who not only is coping with the disease, he wrote a book about it.”

Scott Wahle, Co-Host, CBS/News 4 This Morning, May 4, 1998

“In Adair’s voice, the book tells how Adair and his family coped. There is a good chance Adair’s book might become a best seller. It seems there are many diabetic children out there looking for answers and looking for other young people like them.”

David Wright, New England Cable News, March 25, 1998.

“*Sugar* is a moving account of how much a child’s life changes and how much a child learns when they have diabetes.”

Joan Esposito, NBC 5/Chicago
November 20, 1998

“Read all about it! A twelve year old boy wants the world to know about diabetes. . .

Chet Curtis, ABC News, March 24, 1998.

“Adair’s story isn’t just for kids with diabetes. It’s for anyone dealing with a sickness in the family.”

Channel 5 News, Coping with Family Illness Segment,
April 18, 1998

“I am very impressed with this book; by telling the story of the emotional journey of a boy from diagnosis, this book fills a critical gap in children’s literature.”

Barbara Anderson, Ph.D.

Senior Psychologist

Joslin Diabetes Center

“Adair Gregory recounts how his world was turned upside down by diabetes. . . . What is truly exceptional here is the boy’s emotional candor. . . He is keenly perceptive about the wearying effects on his family. . . A useful title for children with this disease and those who want to know more about it.”

Abigail Jane Goldberg,

Booklyn Public Library

School Library Journal, June Issue.

“In a voice so genuine readers will think they are being directly addressed, 11-year old Adair Gregory describes his learning, at the age of 9, that he has diabetes. . . he poignantly conveys the effects the illness has had on his family, his struggles with his peers, and his feelings of being different. His remarkable attitude and lack of self-pity help draw readers into the book. Adair also gives his mailing and e-mail address; he wants, he says, to help some kids with diabetes ‘get his life back.’ Mission accomplished, Adair.”

Shelly Townsend-Hudson

Booklist, August, 1998