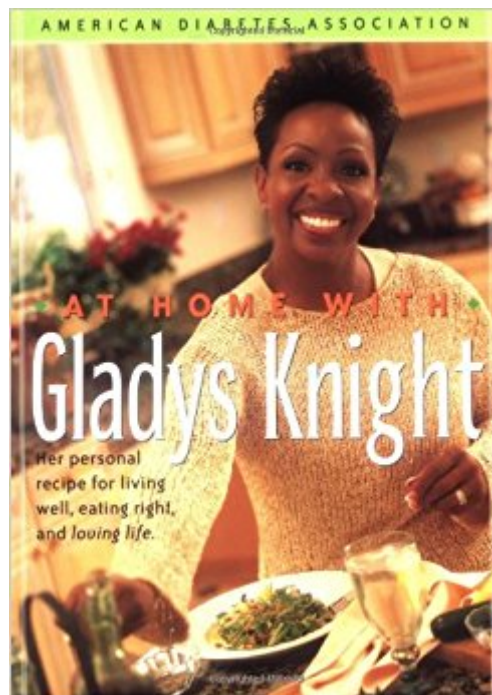




The book was found

At Home With Gladys Knight : Her Personal Recipe For Living Well, Eating Right, And Loving Life



Synopsis

More than a cookbook...an inspirational guide for readers with diabetes! Gladys Knight doesn't have diabetes, but the disease is never far from her mind. Her mother, Elizabeth Knight, died of complications in 1998 after living successfully with diabetes for 40 years. Following her mother's death, Gladys started the Elizabeth Knight Fund with the American Diabetes Association to help people living with diabetes. The singing legend has also been eating healthfully and exercising regularly for many years. *At Home With Gladys Knight's* is more than a collection of recipes. It's an inspirational guide that people with diabetes can use to lead a full and healthy life with the disease. More than 100 recipes, including appetizers, desserts, breads, soups, salads and salad dressings, fish, meat, poultry and pasta. Features a healthy living section that outlines a successful exercise plan, self-care tips, and nutrition recommendations. Includes personal anecdotes from Gladys and captures her mother's heartbreaking yet inspiring fight against diabetes.

Book Information

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Customer Reviews

I am an author and a poet and during a leisure trip to Las Vegas, Nevada with my family, we were able to obtain a front row seat at the Gladys Knight Show. It was awesome. What a display of great talent! Reading her book is fascinating. The historical perspective of her story is amazing. She states how she believes diabetes eventually crept upon her, and why. However, she has it under control. The ways in which she blends her songs into her treatment plan is humbling. For example, she uses the heading in one section of the book, "Neither One Of Us Wants to Say Goodbye to the Cheeseburger," where she discusses fatty foods and how to avoid fast foods. The pictures of her

family are wonderful. Her philosophy of dealing with positive people, exercising daily, and burning calories is a formula for success. The final section of the book deals with a variety of mouth-watering dishes and recipes. They are all healthy with her special blend of spices, herbs, and juices, with a low fat touch. This is an easy and relaxing book to read. It's a great treat to and for lowering one's blood sugar and staying healthy. I highly recommend it!!!

At Home With Gladys Knight is a wonderful, inspiring book. I bought this book for my parents who both have diabetes. After years of trying to get them to follow doctor recommended diets it is a relief to have a book that inspires my parents to not only care about their diet, but their physical fitness as well. Mrs. Knight has created a quick and easy read that is full of motivation. This book gets 5 stars in the Murphy household.

Gladys Knight has always been a favorite of mine. I am really happy to receive her cookbook, because I am also a borderline diabetic. Nice to get some tips from her. Great service, prompt, and the book was in excellent condition. Much cheaper than purchasing it in the store. Thanks.

This is a great book, Ms. Knight talks about diabetes has touched her family, offers sound information from experts in the field as well as photos, recipes and wonderful stories. It is so good that I gave it to many friends who love to cook, and want to learn to do it more healthfully. It is a great resource and good to read.

I didn't even know Gladys Knight had a cookbook. I ordered it and my mother really like the receipes. My mother is a big fan of Paula Deen, so Ms. Knight's book is right up there....LOL.

This is a good cookbook for diabetics and has some great recipes that have great flavor! The book has plenty of southern recipes that are very easy and reminds you of that good soul food cooking that we all grew up eating as a child. If Gladys Knight had another cookbook, I would gladly buy it!

The recipes in this book were easy to follow for someone like me, who doesn't like to cook. I would like to get in touch with her trainer, Al Claiborne, for more recipes. I understand he wrote all the recipes and now owns a gym in Atlanta...

Book was in excellent condition. I gave it as a gift. It was well received and most welcomed.

Illustrations beautiful. Mouthwatering recipes.

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