



Ola de calor / Heat wave

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Ola de calor / Heat wave

Richard Castle

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All you need to know about this illness, including exercise routines and advice on diet. Through the stories of Carlos, a type I diabetic at 10, and Jose, who developed type II diabetes at 60, the authors reconstruct the ins and outs of this illness. A helpful guide to promote a more responsible behavior in the face of this modern epidemic, it also helps undiagnosed sufferers identify the symptoms and start living a healthier life.

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360 pages

About the Author

Richard Castle is the author of numerous "New York Times" bestsellers, including the critically acclaimed Derrick Storm series. His first novel, "In a Hail of Bullets", published while he was still in college, received the Nom DePlume Society's prestigious Tom Straw Award for Mystery Literature. Currently he lives in Manhattan with his family.

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