



Not Dead Yet: My Race Against Disease: From Diagnosis to Dominance

Phil Southerland, John Hanc

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Part memoir, part sports adventure, *Not Dead Yet* tells the inspirational story of Phil Southerland's battle with Type 1 diabetes and how he overcame all odds to start his own bicycle racing team and twice win the Race Across America. Blindness, kidney failure and death were all predicted for Phil by age twenty-five. Today, not only is Phil alive and well but as the founder of Team Type 1, he and his team of championship cyclists?many of them diabetics?have become health and fitness role models for people the world over. Together, they have taken on some of the most challenging endurance events in the world. Leading the pack is a serious challenge for any athlete, but for Phil and his teammates, it presents two daily battles: one to stay in razor-sharp race-fit condition, the other, to stay alive.

"An engrossing book, a sports adventure story with a medical subplot and a roster of dynamic characters, the most dynamic of whom is Phil himself....A story of tigerish determination and the utter resolve to never give up, to win against all odds." *Diabetes Health*

"A must read for all of us with type 1 diabetes and for our support team of family and friends as well."?Showbusiness legend and *New York Times* bestselling author Mary Tyler Moore

"An uplifting and incredibly true adventure of a young man who beats the odds. Phil Southerland is an inspiration to those who live and struggle with diabetes as well as any individual who faces seemingly insurmountable challenges."?Steve Edelman, MD , University of California-San Diego, Founder and Director of Taking Control of Your Diabetes

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one of it. This great information can drawn you into brand-new stage of crucial contemplating.

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