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## ONE LUMP OR TWO?

Things that suck about being diabetic (Volume 1)

by Haidee Soule Merritt

- **A humorous look at the Diabetic Lifestyle**
- **Raising awareness about living with Diabetes**

**Portsmouth, NH:** Bird Wing Press announces the publication of local artist and illustrator Haidee Soule Merritt's first humorous book: **ONE LUMP OR TWO: Things That Suck About Being Diabetic, Volume 1.**

Haidee Merritt is the author-illustrator of a collection of cartoons for diabetics and the people who live, love, and care for them: which is to say, *everyone*. As a diabetic herself, she admits she hasn't always been a great patient; however, this has provided opportunities to experience many more complications than perhaps an obedient diabetic might.

*"Diabetes isn't just a disease, it's a lifestyle,"* explains Merritt. *"There's so much social stigma attached to it now and it's widely misunderstood by the general public. I want everyone with diabetes to have a copy of this book on their shelves so they can share a few laughs and know they're not alone. It's important for everyone to know this book isn't about me complaining about my life or how diabetes has wrecked it, but, really, accepting and embracing it."*

The well-illustrated cartoons represent more than a decade of Merritt's private recollections and musings about her personal journey of coping with the day to day experiences of living with **Type 1 Diabetes**. A diabetic since very early childhood, Merritt's experiences of this potentially disabling disease are drawn with a wry, eccentric, and, at times, dark humor.

*"I've traded-in denial as my favorite coping mechanism and chosen humor; it seems to be much more productive."*

Laughter aside, **ONE LUMP OR TWO** raises awareness about diabetes as one of the most serious public health issues of our time—skyrocketing from 30 million to 230 million people in the last 2 decades—making it one of the most rapidly-growing epidemics in the world. **ONE LUMP OR TWO** takes aim at a wide range of topics familiar to diabetics including: glucose testing; mood swings; peripheral neuropathy and the resulting "Cold Feet." The book is an excellent educational resource of interest not only to diabetics, but to anyone who wishes to better understand the condition.

**ABOUT THE AUTHOR:** Haidee Soule Merritt holds a B.A. in Literature and Classics from the University of Washington in Seattle. She resides in Portsmouth, New Hampshire, across the bridge from her studio in Kittery, Maine. She is well known on the local art scene as "The Dragonfly Lady" for her finely detailed illustrations of colorful insects, among other subjects.

**For more information** or to receive a review copy, please contact Haidee S. Merritt at 603.498.4912 or email her directly at [hsmeritt@comcast.net](mailto:hsmeritt@comcast.net).

Visit the **ONE LUMP OR TWO** website at [www.HaideeMerritt.com](http://www.HaideeMerritt.com).

**Bird Wing Press**

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