



# Diabetes Tragedy to Triumph: Lessons from 40 years of beating the odds

*Tracy Herbert*

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## **Diabetes Tragedy to Triumph: Lessons from 40 years of beating the odds** Tracy Herbert

Tracy Herbert is an expert in diabetes, and author of “Diabetes Tragedy to Triumph”. She has lived with Type 1 diabetes for almost 40 years successfully and without any complications. Involved in health and wellness for over 20 years, she brings unique fun and energetic strategies to help others learn how to live healthy lives. She uses her passion and gift of encouragement to offer simple strategies to those struggling to get control of their lives—the healthy way. Tracy has a B.S. in psychology, is a trained wellness coach and certified personal trainer, and helps people from all walks of life. The focus of her coaching practice is working with clients newly diagnosed with prediabetes or struggling to take control of their Type 2 diabetes.

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