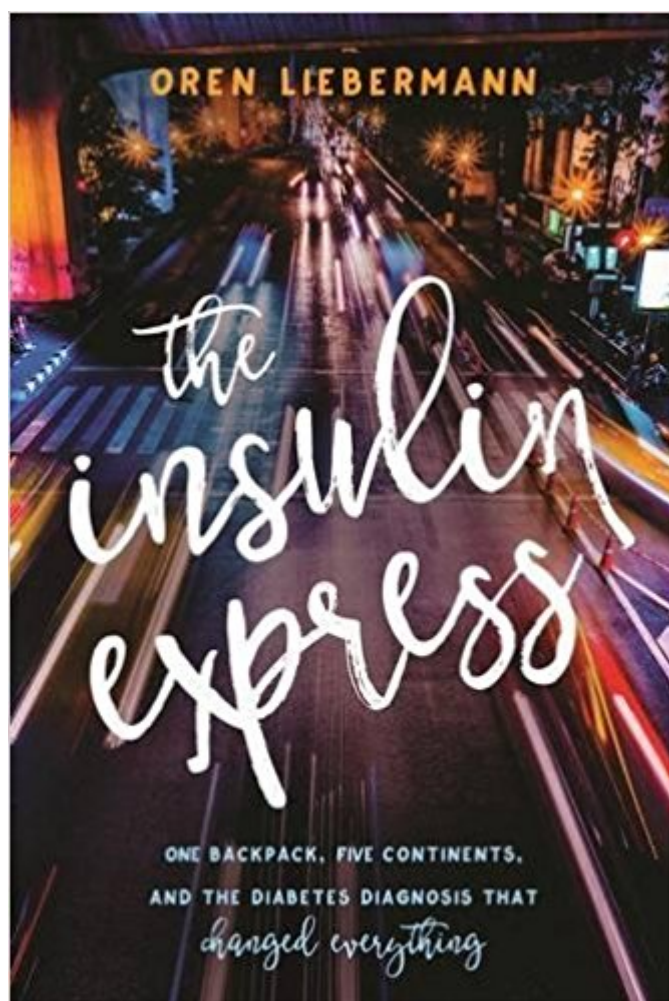


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# The Insulin Express: One Backpack, Five Continents, And The Diabetes Diagnosis That Changed Everything



## Synopsis

A travel memoir through thirty countries, a thousand insulin injections, and one man's journey from despair to confidence. With tips and information from the American Diabetes Association. In the middle of a yearlong backpacking trip around the world with his wife, Oren Liebermann is teaching English to young Buddhist monks in Pokhara, Nepal, when his body begins to fail him. He is constantly thirsty and exhausted, and by the time he steps on a scale, he has lost forty-five pounds. At a local clinic, a doctor gives him a diagnosis that will change his life forever: "I'm sorry to tell you, my friend, that you are a diabetic." Devastated, Liebermann is trapped in a freezing hospital room, trying to recover enough to fly home. His friends and family urge him to call off the rest of his trip. He had quit his job as a TV news reporter for this dream-come-true journey, but the nightmare diagnosis has thrown his world into disarray. However, Liebermann and his wife, Cassie, make a decision. They have an adventure to finish, and he has the rest of his life to live. Bold, raw, and poignantly candid, *The Insulin Express* tells the story of what happens when the best-made travel plans are subject to the ever-present chaos of life, and how a major setback can turn into the opportunity of a lifetime. Despite struggling with a chronic disease that almost kills him in the Himalayas, Liebermann hikes along the Great Wall of China, conquers the Inca Trail to Machu Picchu, and sips cobra whiskey in Laos. What begins as a travel chronicle across thirty countries transforms into a single journey of resilience and self-discovery; going from hopelessly lost and then wonderfully found.

## Book Information

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## Customer Reviews

"This unusual combination of medical and travel memoir offers candid testimony to human resilience. It also manages to be funny, relatable, and inspiring at the same time. Readers will be motivated to update their passports or, at the very least, try something new. Liebermann hits the mark with his engrossing literary debut." **Booklist** "The Insulin Express is a very special, exciting book . . . Oren Liebermann becomes a friend as he takes his readers on a remarkable journey." **Eleanor Bobrow, Host, Take Charge of Your Life (WDIY/NPR)** "A must-read for anyone who loves travel, cares about their health, or just likes to have coffee with a good friend. That's the way The Insulin Express feels like a long overdue chat with a buddy who's had some pretty amazing adventures . . . [and who] teaches us all a lot about life and love." **Elizabeth Cohen, CNN Senior Medical Correspondent** "The Insulin Express is part Casablanca-like travelogue and part suspenseful thriller. Oren and Cassie's adventure will inspire you, not only with his rich, detailed descriptions of places most of us will never visit, but also with his determination to continue on after being diagnosed with type 1 diabetes. It's a tale of inspiration, in the truest sense of the word. . . . I cannot wait for the sequel." **Jeff Hitchcock, founder and president of Children with Diabetes** "A spirited tale of a trip around the world that is only slightly interrupted by a new diagnosis of Type 1 diabetes. Liebermann is the rare travel writer who mixes well the wide-eyed wonder of travel with the comedic mistakes of the traveler. He doesn't let much faze him, including being suddenly thrust into life with a serious chronic condition, and his positive attitude is infectious." **Craig Idlebrook, managing editor of Insulin Nation** "I often say, 'I live my life and diabetes just comes along for the ride.' In Liebermann's yearlong journey around the world, that's never been more true. At 31, Liebermann's body breaks down while hiking the Himalayas with undiagnosed type 1 diabetes. A horrendous hospital stay in Nepal sends him home to the US to recover. Weeks later he's back in Southeast Asia with his wife, and his diabetes, determined to finish the trip. Upbeat, Liebermann pulls you into the sights and smells of five continents and finding your way through a life-changing illness." **Riva Greenberg, founder of Diabetes Stories**

Oren Liebermann has spent a decade in TV news and is currently a CNN International Correspondent based in Jerusalem. He is the recipient of two Emmy awards and three Associated Press awards. Diagnosed with Type 1 diabetes on Valentine's Day, 2014, in a local Nepalese clinic, he now works with organizations like the American Diabetes Association (ADA) to promote safe traveling for others with the disease. He founded the world travel blog 42nd Class with

his wife, Cassie. They live in Jerusalem with their baby daughter, Noa. Dr. Sanjay Gupta is the multiple Emmy award winning chief medical correspondent for CNN. Gupta, a practicing neurosurgeon, plays an integral role in CNN's reporting on health and medical news for all of CNN's shows domestically and internationally, and contributes to CNN.com.

Totally recommend this book. It's part travel blog for a year long adventure, as well as medically informative about diabetes, the sudden onset, the diagnosis in foreign country, the daily maintenance and administration of insulin, and totally living with the disease. It's inspiring how the author conquered all with the help of his wife...And how all this changed his life in positive ways...it can be any disease or unexpected turn of events in one's life that can make a person stronger. It's a valuable lesson for any reader.

I really enjoyed this book. I was recently diagnosed as diabetic and was really interested in Owen's story, though I think this book would appeal to anyone, diabetic or not, as it's just as much a travelogue on his world travels as a diabetic memoir. He showed a lot of fortitude to keep traveling after his diagnosis and it inspired me that I could travel with diabetes, too. He has a real zest for life and for traveling and I'd now like to see some of the spots he writes about in the book. Some of the most enjoyable parts of the book are his interactions and emails with his very worried family members. Priceless!

As a 24 year type one survivor, I thoroughly enjoyed every bit of this book. He was raw and real, documenting his travel and his middle finger towards diabetes, and incredibly inspiring at the same time. As I'm reading this, I'm finishing up a two week stint in Hong Kong to Putian to Xiamen to Beijing to Taiwan to Japan. All of that after struggling with type one and diet issues fighting some cultural norms that made my diabetes spin out for a few days. It couldn't have fallen into my kindle at a better time.

I really enjoyed this book! Oren (and Cassie) are an inspiration in many ways. Not many people are willing to set out on an adventure like theirs, and even fewer could handle the challenges thrown at them so well! Aside from the more personal aspects of the book, the descriptions of their travels (including the photos!) left me feeling that I need to go out and really need to get out and explore the world outside of my comfort zone! Overall, a great read that will keep you interested the whole way through.

A great read!!!

I ran across this book at the public library when the title caught my attention. Somewhat surprisingly I couldn't put it down. The first half of the book is a page turner because you are waiting for the medical diagnosis. Then the second half you can't put down listening to the travel journal. It really is a good cross between medical information book and travel journal. Oren is a fantastic writer, who inspires the reader to not let a medical diagnosis stop them from continuing their dreams. Plus if you like me and don't have a medical condition that would keep them from such amazing travel, I was thinking about how amazing it is to experience places other than home. I need to get out and do it more. I found the description of the places they visited very interesting, especially the Asian cities. The hikes in the Himalayas and Andes sounded grueling but amazing.

A must read for anyone trying to chase a dream with imperfect health. So... all of us. You'll laugh, you'll cry, you'll certainly purchase travel insurance.

Incredibly inspiring story about overcoming a life changing event. After each chapter you want to know more and more. It felt like I was on the trip with them, and gets you thinking about your own life and where you want to go with it.

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