

"This book is much more than a heartwarming story about a triumphant girl and her amazing dog. It's a book about never giving up hope." — MICHAEL J. FOX



STEFANY SHAHEEN

# ELLE & COACH

Diabetes, the Fight for My Daughter's Life,  
and the Dog Who Changed Everything

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with Mark Dagostino

*Stefany Shaheen and*

**Elle & Coach: Diabetes, the Fight for My Daughter's Life, and the Dog Who Changed Everything**



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The endearing true story of a Type-A mom struggling to care for a daughter who has Type 1 diabetes--and the incredible service pet who changes their lives for the better. Trainer is a tale of determination and finding wish in the most unlikely of locations.Elle & Overcoming the skepticism a dog can offer answers that medical research continues to be seeking, the family members finds a resounding feeling of peace and reassurance through Coach's near miraculous capabilities as a medic-alert pet, specifically trained to detect dangerous changes in blood sugar.Stefany Shaheen uses readers on an emotional journey as she attempts everything to control her girl Elle's deadly and unpredictable disease, all while juggling a family of four children.



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A wonderful tale of hope and possibility! My pre-ordered copy of Elle & A+/5 stars. Late that afternoon I made a decision to take a quick scan through the webpages. Instead of spending a couple of minutes, I finished up reading the entire book! It really is so extremely heartfelt and authentic. I felt the strain, exhaustion, fear, determination, love, hope and acceptance Elle, and the family members, experienced in working with the disease of type 1 diabetes. As I was reading, multiple times I found myself saying to my partner "You've just surely got to hear that one little part" and then sharing excerpt after excerpt about Elle's dramatic changes in blood sugar, her tenacity with theatre performances and the miracle of Mentor becoming part of her lifestyle. I appreciate a reserve that educates and informs me as well as expands my heart.. It's a wonderful tale of hope and possibility. I highly recommend this publication.Elle's dog Coach is an amazing pet who was simply specially trained to alert to the adjustments in her blood glucose. Otherwise, Coachie( my husband/the human) and I would have been fighting over who was simply going to read it first! Im not really downing all the schooling of a 10,000. Both of us had many emotional moments through the entire book. Elle's tale is well written and very engaging. Whoever has a member of family or a pal with Type I Diabetes would find the book helpful, especially to know that they are not by yourself in all their daily problems. The publication is a source of strength and hope for others. It is an easy read, and well-written. I likely to read a story about a young gal and her service pet dog and I'm 100 web pages in and it's all about political advocacy.. I am especially impressed with the advocacy that the complete family has done to educate others about the condition, and subsequently help everyone in the future. I was unaware of the organization in the midwest that facilitates affordable service dogs. Mentor arrived on the 25th. I'm so sorry her girl has this difficult disease but as an Aunt, I am grateful that we have Stephany Shaheen's powerful voice advocating for adjustments in policy and better treatment. That is a story I've known about for a long period. The strength Elle and her whole family show throughout this trip is actually inspiring. I got heard of dogs who could alert when somebody was going to have a seizure but I acquired by no means heard of dogs who could alert to changes in blood sugars. I could relate with the mama bear developing in her mother as she acquired to continuously fight and advocate for her daughter through the years. Truly amazing. Elle and Coach's tale is deeply moving, but this is more than a story about a young young lady and her doggie- it's a story about a family coming to terms with a difficult medical diagnosis, a tribute from a mom to her daughter's power, and a testimony to the perseverance of a mom and dad to help the youngster not only survive but thrive. And, dog lovers could have warm hearts for Trainer( your dog). but she never gave up! I too had medically fragile children and so I know how hard it really is to not only become fighting for your child's life but on top of that you have to fight to get them the treatment and supplies they want. I appreciated the writer's candor and also, at times, self-deprecating honesty when faced with the emotional rollercoaster the events described in this publication produced.!This whole family and extended family was just amazing!We learned so much scanning this book, much more than I ever truly imagined I'd when I first started it. This family though just became more powerful and closer. Often times whenever a crisis hits a family group, especially a child's illness, the family tends to break apart. Elle was extremely young when she was identified as having Juvenile Diabetes and her journey is not an easy one. 5 Stars to the author and 5 Stars to the Organization in the Midwest creating service pet dogs!.with it either being too much or too low. We are in need of more places like this duplicating that organization's initiatives all over the USA.

ESSENTIAL READ- BUY 2 Our pre-ordered books arrived last Friday, and I am so glad I ordered 2!. This book certainly qualifies.Amust read Five Stars Amazing I'm a bit disappointed in this book I'm a little bit disappointed in this book. Coach made such a notable difference in not merely Elle's existence but also ultimately in the life of everyone. That is a book you will not regret reading.That is a quote from the book that truly struck a chord with me and I believe it is so most evident!"The fact is, sometimes our most challenging struggles in lifestyle lead us to the most beautiful discoveries." Beautiful story beautifully told Well-written and riveting.. My nephew has type 1 diabetes, and I believed I was fairly well-informed in

what he, my sister and her family encounter, but I still discovered a lot from reading this book. Ellen Garneau Excellent book! I am grateful the author took the period to write this publication so others can stick to the techniques she took to find help. We will keep this book around. This is the type of book you pick up and cannot deposit until you are finished. It paints such a vivid picture of the unique struggles of living with and having a child with type 1 diabetes. It is heart wrenching and so inspiring at the same time. I was in tears through a few of it and just in awe at various other points of how much the author and her daughter set out to perform and accomplish despite the obstacles. Amazing, uplifting and educational. It was a very interesting It was an extremely interesting book A great browse... She had to combat with insurance firms, doctors, hospitals etc. I found the story reasonable and helpful. This is a must-read for any parent of a kid who includes a chronic illness, but it's also a compelling, well-told story of family like and the relationship between humans and canines. It definitely is a book of hope. I specifically enjoyed hearing about the training that the canines receive. I appreciated one component where Stefany motivated her readers to their part in acquiring challenges and convert them into blessings; Essential read for type 1 families My girl is a sort 1 diabetic who was simply feeling very alone & different (I believe all girls feel in this manner at 13 but she focused on her diabetes as the issue). A friend from high school who is also a type 1 recommend this as an excellent read for my kiddo. She was right! I do not feel I understood the tale until I go through this, though, and even now I understand there is indeed much more than could be contained in one book. You won't want to place it down! I must say i enjoyed this reserve with all its helpful insights into how services dogs might help diabetics. No donation box for this one :) Most canines, cats, birds, even my friends goat, alerts to glucose changes. A great go through. You need to learn that house animals signals. We began to read them immediately and could not really put them down. 00 dollar dog. But animals alert owners and close friends all th e period. The bond between Elle and Trainer was simply amazing! Teens and adults can identify with the publication. They are simply now addressing the part about your dog. Would not recommend unless you want in political tales. I am hoping they turn it right into a movie eventually! Your pets, including close friends house animals( rescue or paper), alert on a regular basis. I appreciated it immensely as it kept me organization on a recent flight with unexpectedly lengthy layovers. This was such an excellent book! She enjoyed the book so very much that she suggested it to her endocrinologist. I valued the honesty the writer showed concerning Elle's physical difficulties and her own struggles as a mother or father dealing with all that lifestyle with diabetes in the picture appears like. It's exhausting! Furthermore to raising awareness of the type of diabetes (Type 1 especially), promoting activism in seeking a cure, and producing a compelling case for why Coach dramatically changed Elle's life (and her family's life) for the better, this book acts as an encouragement for anybody facing a apparently insurmountable challenge. 5 Stars to those people too. both for others and for themselves. Why This is a remarkable book I enjoyed a whole lot I know I heard of dogs for Epilepsy but not diabetics .often just before she or her parents actually understood her blood sugars were in the danger zone.



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