

On Fire!: The Art Of Personal Consistency How To Always Play At Your Personal Best, When It Counts



Honored as one of *Diabetes Forecast's* "People to Know," Courtney Duckworth is a Boston Marathon competitor and professional cheerleader with type 1 diabetes. She graduated Phi Beta Kappa from the College of William and Mary before going on to become a clinical research fellow at the National Institutes of Health. In 2018, she will attend the University of Virginia School of Medicine with aspirations of becoming a pediatric endocrinologist.

Courtney is also the creator of the Every Step Counts Scholarship Program and has spoken on balancing sports with type 1 diabetes at the TypeOneNation Research Summit, JDRF One Walk, Children With Diabetes' Friends for Life Conference, and Camp Possibilities. Through encouragement and sharing what she has learned about improving in her own management, Courtney hopes others will be empowered to reach new personal bests in life with type 1 diabetes.

Proceeds from each book support the Every Step Counts Scholarship Program, recognizing young adults for healthy living with type 1 diabetes.



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