

‘Alex – What happens when your life is in tatters, then you meet a mysterious stranger’

By Alan Warburton and Pamela Jones

BOOK REVIEW

**Prepared by Guy Barnett
Ambassador, Diabetes Australia**

‘Alex’ is a story of hope. It tells the story in an interesting and easy to read manner of the merit of healthy lifestyles, regular exercise and a balanced healthy diet.

This book highlights the problems in Australia today particularly for young people with the pressures of sedentary living and an obesogenic environment, drawing the link between obesity and chronic disease, including type 2 diabetes, heart disease and cancer. ‘Alex’ includes some useful facts and figures on these diseases and it is put together in a format well understood by school children. It is an educational resource of merit.

The writing style is easy to read and the story flows well. The discoveries made by this easy going Aussie, Alex are similar to the discoveries made by other young Australian teenagers. The issues confronting Alex confront teenagers in everyday modern Australia. For this reason the book has appeal to teenagers.

Because of its focus on the importance of relationships particularly in families, it has relevance to parents and grandparents. In short it can help both parents and grandparents to understand the issues and concerns of today’s teenagers and the merit of promoting healthy lifestyles wherever possible.

The integral role of one’s faith, in this case a Christian faith, provides a well-rounded assessment of life by the authors.

I congratulate Alan Warburton and Pamela Jones on their efforts. It is good to know these important issues are being addressed and I am confident it will be well appreciated.