



Book Review by Laura
"No Days Off: My Life with Type 1 Diabetes and Journey to the NHL"

Multiple appeal factors greet readers of Max Domi's inspiring account of his young life to date. For anyone, particularly youth, coping with a recent diagnosis of Type 1 Diabetes, or pondering the transition from first grasp of a hockey stick to the NHL Draft, this book is a frank assessment of both journeys. For Max, son of former Toronto Maple Leaf Tie Domi, these were parallel paths. His sincere accounts begin with struggling, as a 12-year old, to manage his blood sugar. Peppered through the pages are his indebtedness to his parents, siblings, friends, doctors, billet families, and coaching staff for their watchful eyes and unfailing support.

Navigating his new medical routines soon became twinned with a different challenge—on ice. Follow his career through OHL games, a gold medal victory for Canada at the World Juniors, to the donning of a Montreal Canadiens jersey. This is a very personal story. Max doesn't hesitate to admit his faults on and off the ice, and lapses in judgement that nearly cost him his life. His ever watchful parents and sisters, with all of whom he remains close, prove that a successful person is often backed by a supportive circle. Another loyal member of his team is his service dog, Orion, trained to detect potentially disastrous drops in blood sugar. Max's likable personality shines in this frank description of juggling two big challenges in pursuit of his dreams. He encourages others with similar medical challenges to "Dream big!"