



## Go Your Crohn Way: A Gutsy Guide to Living with Crohn s Disease

By Kathleen Nicholls

JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2016.

Paperback. Book Condition: New. 197 x 130 mm. Language: English . Brand New Book. For Kathleen Nicholls, life with Crohn s disease has been a constant battle against her bowels. But life has also been about David Bowie, dancing, and laughter. Go Your Crohn Way follows the highs and lows of Kathleen s experiences, and is full of useful advice for maintaining self-confidence and positivity while navigating the world of work, relationships, and those conversations. Warm and inspiring, this book demonstrates how Crohn s can be life-changing, but not just for the worse. Kathleen gives advice and tips on adapting and thriving through Crohn s, including a specially created phrasebook, which proves that so long as you know how to ask for the nearest bathroom, globe-trotting is still firmly on the agenda. Full of fun and humour, Kathleen s journey through life with Crohn s disease will leave you - like her - in stitches.



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