



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

Kathleen Nicholls

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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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