



The Foul Bowel: 101 Ways to Survive and Thrive With Crohn's Disease

John Bradley

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The Foul Bowel: 101 Ways to Survive and Thrive With Crohn's Disease is the user's guide to being a Crohnie. Describing in often hilarious detail his own 30 year odyssey through Crohn's, John Bradley treats the illness as a journey of learning, highlighting 101 tips for how to better deal with symptoms, doctors, diagnostic tests, medications, surgeries, diet, relationships, career and life in general as a life-long Crohnie. The Foul Bowel demonstrates that happiness is a state of mind, not a state of health and how to take ownership for your illness and its treatment. The outcome is not just the feeling of triumphing over the medics - although that has its moments - but is a celebration of life as a Crohnie.

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