



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

*Kathleen Nicholls*

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

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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