



Gut Feelings: Social and Emotional Struggles with Crohn's and Colitis: Finding Freedom from Shame and Isolation

Linda Kriger

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Gut Feelings: Social and Emotional Struggles with Crohn's & Colitis is a groundbreaking book that examines the inner shame and isolation that many patients experience while coping with the ups and downs of Crohn's and Colitis. It is based on more than 100 interviews with patients, parents, siblings and romantic partners. Gut Feelings describes the ways patients and their loved ones navigate Inflammatory Bowel Disease (IBD), perhaps the most taboo chronic illness to talk about, because it involves the body's waste disposal system.

Gut Feelings dives into the realities of living with IBD. The author, who was diagnosed with ulcerative colitis at 16, rode the same roller coaster with the illness as many of her interviewees and so has a first-hand perspective. If you have IBD, or live with someone who does, after reading Gut Feelings, you will feel less alone with your internal emotions, more connected, and more willing to be open about your IBD. You will come away with renewed strength to contend with the feelings that naturally arise while coping with this arduous illness.

Linda Kriger researched and wrote this book after decades spent struggling with ulcerative colitis. In her personal and professional life, she hid her disease, including the urgency that made her to run to the bathroom. She went into remission for several years until she developed pre-cancerous cells in her colon. She underwent a total colectomy to remove her large intestine, and now lives happily with an internal J-pouch as a substitute. She is a graduate of the Columbia University School of Journalism and was a reporter for the Providence Journal and a medical writer for the Philadelphia Inquirer. She studied medical issues during a midcareer Knight Fellowship at Stanford University. She lives in Philadelphia with her husband, Jake. She has two sons, three stepchildren and four step-grandchildren. In her spare time, she reads, plays the piano and loves to cook.

" How does one move from the discovery of IBD to living with this confusing condition? Linda Kriger details an invaluable roadmap of steps and experiences that can guide one's efforts, whether parent or individual with IBD. This is a well-developed, researched book that does not ignore the emotional drama that is uniquely connected to this condition."

Christine-Kodman Jones, Psychologist Former staff member, Children's Hospital of Philadelphia Department of Gastroenterology

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Mary Stone:

Hey guys, do you desire to find a new book you just read? May be the book with the subject Gut Feelings: Social and Emotional Struggles with Crohn's and Colitis: Finding Freedom from Shame and Isolation suitable to you? The actual book was written by famous writer in this era. The particular book untitled Gut Feelings: Social and Emotional Struggles with Crohn's and Colitis: Finding Freedom from Shame and Isolation is a single of several books in which everyone read now. This particular book was inspired many people in the world. When you read this e-book you will enter the new way of measuring that you ever know previous to. The author explained their concept in the simple way, thus all of people can easily know the core of this e-book. This book will give you a lot of information about this world now. In order to see the represented of the world with this book.

David Yoon:

Typically the book Gut Feelings: Social and Emotional Struggles with Crohn's and Colitis: Finding Freedom from Shame and Isolation has a lot of details on it. So when you make sure to read this book you can get a lot of advantage. The book was compiled by the very famous author. The writer makes some research before write this book. That book very easy to read you may get the point easily after scanning this book.

Patricia Whetsel:

On this era which is the greater person or who has ability to do something more are more treasured than other. Do you want to become one among it? It is just simple approach to have that. What you are related is just spending your time not very much but quite enough to get a look at some books. Among the books in the top list in your reading list is definitely Gut Feelings: Social and Emotional Struggles with Crohn's and Colitis: Finding Freedom from Shame and Isolation. This book and that is qualified as The Hungry Mountains can get you closer in getting precious person. By looking right up and review this book you can get many advantages.

Carmine Caulfield:

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