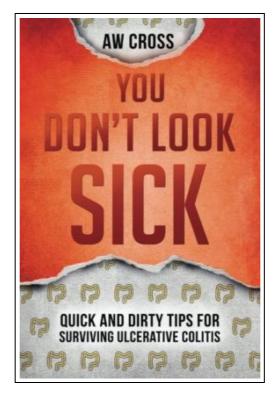
# You Don t Look Sick: Quick and Dirty Tips for Surviving Ulcerative Colitis (Paperback)



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# Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Evie Emmerich)

# YOU DON T LOOK SICK: QUICK AND DIRTY TIPS FOR SURVIVING ULCERATIVE COLITIS (PAPERBACK)



Glory Box Press, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. You ve just been diagnosed with ulcerative colitis. Now what? Being diagnosed with ulcerative colitis can be overwhelming, but it doesn t have to be. In You Don t Look Sick: Quick and Dirty Tips for Surviving Ulcerative Colitis, author and ulcerative colitis veteran AW Cross gives you a first-hand, non-medical perspective about what to expect from your illness and how to get through it with your sanity (and your favorite underwear) intact. Through a unique blend of practicality and humor, you ll learn how to: -Cope with the physical consequences and emotional impact of ulcerative colitis -Pack a survival kit and leave your bathroom with confidence -Dress, eat, and have sex -Deal with healthcare professionals and enjoy your stays in the hospital -Endure poop jokes and use social media responsibly -Put on your big boy/girl pants and deal with it Whether you ve just been diagnosed or struggled with UC for years, if you re determined not to let your illness define you, this book is for you. If you d rather wallow in self-pity, have no sense of humor about your illness, and hate kittens and babies, DON T BUY THIS BOOK!.



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