



Gut Feelings The inside story

By Olga Sheean

InsideOut Media. Paperback. Condition: New. 212 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. A body odyssey with guts, attitude and a bellyful of laughs. Get ready for a madcap marathon through fact and fiction, adventure and enlightenment, mix-ups and makeovers, inside and out. Jake and Sally have a typically dysfunctional relationship, and its all fairly civilized on the outside. Inside Jakes body, however, chaos reigns. Here, we meet the feisty, frustrated characters that run the bodys organs, grappling with indigestion, toxic overload, arterial congestion, parasites, sexual mishaps, emotional baggage and, finally, a coronary which marks an important turning point for Jake, a high-flying exec whos neglected his health. These gutsy unsung heroes are constantly in crisis as they try to keep Jakes body running smoothly. Their hilarious antics have them squabbling, suffering burnout, going for therapy, messing with the brains top secret files, and being downright neurotic until one of them has an encounter with the soul. Theres transformation inside and out, with Jake making so many changes that Sally cant cope, and the inside characters having epiphanies and an emotional shakedown that results in multiple staff redundancies and a rather interesting climax. Youll laugh as you learn about the nutritional, emotional, physical...

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