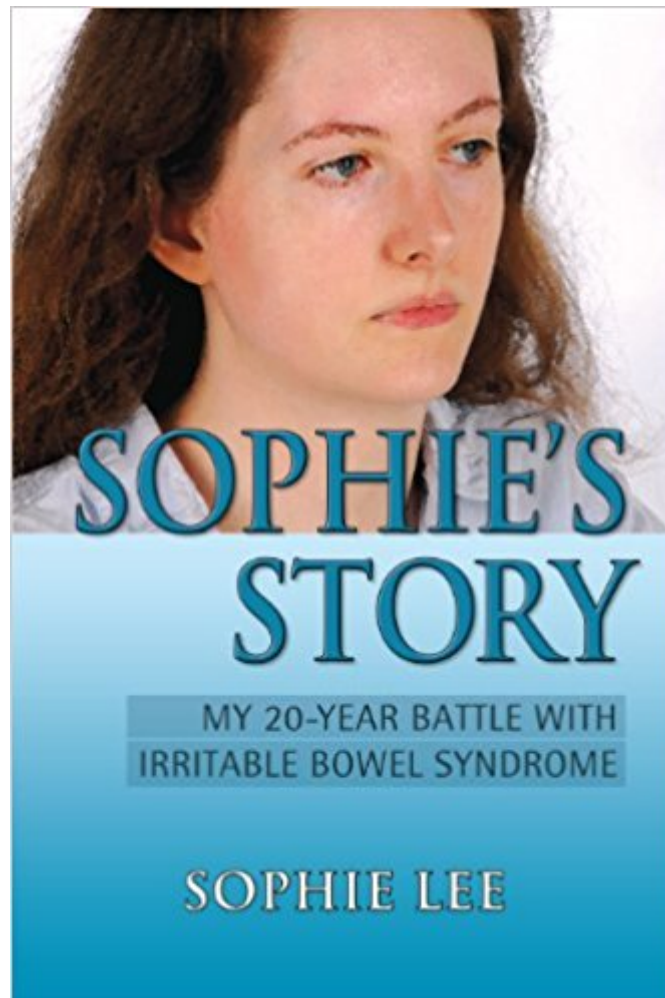




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Sophie's Story: My 20-Year Battle With Irritable Bowel Syndrome



Synopsis

"I've had irritable bowel syndrome for twenty years. For most of my life I have lived with urgent diarrhea, horrible constipation and agonizing stomach pain. I have spent whole afternoons in the bathroom, and on my very worst days I have endured vicious attacks that left me shaking, sweating and scared..." It's whispered about and often made light of, but as Sophie Lee will tell you, there is nothing funny about irritable bowel syndrome (IBS)--a chronic medical condition characterized by often intense abdominal pain, bloating, constipation and /or diarrhea. The stigma attached to this disorder prevents many people from seeking help or sharing their problem with family, friends and coworkers. This is unfortunate, since it is estimated that more than 60 million Americans suffer from this devastating illness. Sadly, patients who do seek medical help often find themselves up against ignorant doctors and even those who believe that IBS is a psychological condition. "Sophie's Story: My 20-Year Battle with Irritable Bowel Syndrome" chronicles a brave young woman's fight against the IBS "monster", offering valuable insights on coping with, and even controlling, the symptoms. Partly an offering of hope to other IBS sufferers and partly her way of fighting back against those who told her that IBS is all in her head, this no-holds barred narrative discusses the many psychological, physical and social effects of living with this disease. Sophie also writes about which conventional and alternative treatments were most effective for her and how the right diet made a difference, as well as her successful, personal formula to conquer IBS.

Book Information

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Customer Reviews

Sophie Lee runs the IBS Tales website where hundreds of IBS sufferers meet to tell the truth about what it really means to live with IBS. Sophie has a degree in English literature and a postgraduate diploma in journalism. She was born and brought up in the United Kingdom and lives on the south coast of England.

It was personally very helpful to share in another patient's struggles. I especially enjoyed the link to her blog. Most interesting. It helps to be able to identify with another human being.

Sophie's memoir about growing up with IBS is touching, funny in parts and well written. She brings such a compassionate voice to a topic that millions are suffering from but never get the support they deserve. Reading Sophie's story will make IBS sufferers feel less alone and inspire them to get help and talk about their issues without shame. One of my favorite lines in the book is the comment about IBS having 200 known treatments. It is definitely an overwhelming condition to deal with. But Sophie finally beat it so there is hope for others to get the bottom of it also!

Very well written, thorough account of the many things that a person who has been diagnosed with IBS has to put up with. This is a book that many of us have probably thought about writing ourselves. IBS is a very misunderstood, under appreciated health condition, both by those who don't have it, and especially the Drs we pay to see to obtain any degree of help with. This book does an outstanding job of describing every aspect of this horrible condition, which seems to be a literal epidemic.

This is a good book that tells the story that any IBS sufferer goes through. The book gets into the dwells and issues that an IBS patient face all the time. Finally, it goes deep in the IBS patient and reveal things that always come to the mind of the people who really live in agony with this syndrome.

It's nice to know other people out there have the same struggles as me. Its a great story and must read for people suffering with ibs. A lot of helpful tips things I never thought of trying. I 100 percent agree with doctors who don't give helpful advice to help manage symptoms of ibs or don't care and also think it's not that big of a deal. It's a must read.

An excellent book on Irritable Bowel Syndrome, from the sufferer's perspective. Sophie is witty in

her humor, making me laugh because I have shared similar experiences and she frames them a different way. I highly recommend this book to anyone with IBS and anyone with a loved one or friend with this frustrating disease!

Book is very inciteful if having irritable bowel problems...Writte by a lady who has been through i...Good tips on foods to eat and causes..

I just finished "Sophie's Story" and will be getting more copies for friends and family. So much of what she said is what I went through and am still going through after almost 30 years of Hell (with a few breaks in between that seem to come out of no where with little to explain it). The frustration, depression, anger, feeling of loneliness, and fear are all there, but there is also the determination to keep looking for a way out no matter what direction this may take. Sophie has written a "no holds barred" description of what she has been living with since she was very young. Overcoming the belief that because so many Doctors think this is a stress disorder and somehow caused by the person themselves takes real strength and courage and that is what Sophie has shown by writing this book and revealing things that many would rather not talk about. For anyone who is suffering with IBS or cares about someone with IBS or even knows someone with IBS please get this book. It will change your perspective. If you are a Doctor who believes in the real physical torture of IBS and isn't one of those who pass it off as "stress" get this book for your Patients. If you are a Doctor who does believe it's all stress related I will ask this question: "Why is it that so many IBS sufferers can point to a health crisis (flu, food poisoning, infection treated with antibiotics, etc.) as the exact time that they went from feeling "normal" to being miserable and staying miserable from that point on ? For a long time Ulcers were regarded as being caused by stress, but now we know that bacteria is the main culprit. I hope (and pray) that the attention paid to this "hellish" disorder will increase due to efforts like Sophie's so that millions of people will finally get to enjoy life again. Thank you Sophie.

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