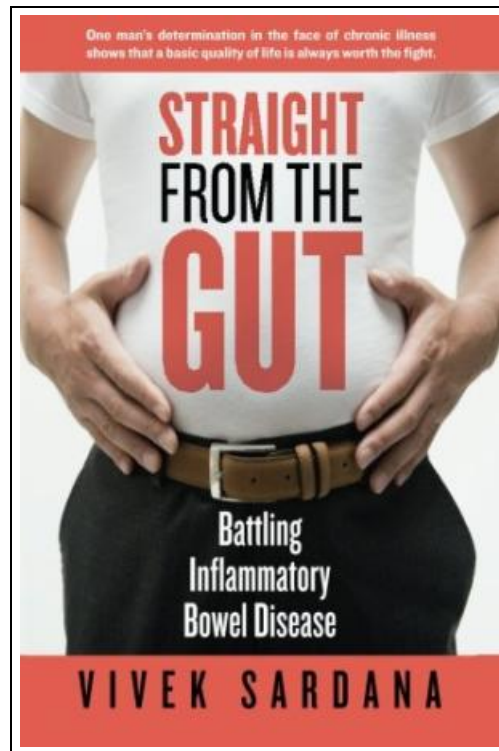


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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. An immigrant from India, Vivek Sardana moves to Silicon Valley to begin a new life. But an ulcerative colitis diagnosis threatens his ambitious plans. This marks the beginning of his lifelong battle with inflammatory bowel disease, when he had to dig deep within himself to keep his life on track in the face of multiple surgeries and crippling pain. Through numerous consultations, countless procedures, and an exploration of alternative medicine, Sardana continues fighting to restore his body to a semblance of normality. Those who suffer from similar illnesses will learn from this book how to manage their bodies, navigate the labyrinth of medical services, and build a support network for combating their diseases. Sardana s inspirational battle with his own body isn t just a story about his gut-it s a portrait of what it means to have guts. His struggle to tame his recalcitrant digestive system is a story written in blood and gore. Amid debilitating pain, uncertainty, and loneliness, Sardana is the personification of resilience and hope, as he finally makes peace with his body-and with the unseen force that saw fit to inflict this illness. Whether it s a chronic illness or an external life complication, Sardana s story will inspire in the reader a positive outlook, self-empowerment, an appreciation of the importance of a loving family, and the motivation to never give up.



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