



Honesty Journal: For People Living with IBD

Leigh Kelly

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The "Honesty Journal" for people living with IBD offers a way to capture thoughts both negative and positive. Those who suffer from Crohn's Disease, Ulcerative Colitis, or other bowel disorders often suffer in silence. Being honest with yourself about your health is key to getting the best care. These illnesses aren't easy to talk about in polite company. This journal allows for self expression and a way to creatively record important information about your symptoms, mood, medications, and doctors. The journal offers prompts to get you started recording your thoughts.



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From reader reviews:

Emma Patterson:

Spent a free time to be fun activity to complete! A lot of people spent their leisure time with their family, or all their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Might be reading a book might be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the reserve untitled Honesty Journal: For People Living with IBD can be great book to read. May be it may be best activity to you.

Lisa Alaniz:

Are you kind of stressful person, only have 10 or perhaps 15 minute in your time to upgrading your mind talent or thinking skill perhaps analytical thinking? Then you are experiencing problem with the book as compared to can satisfy your short space of time to read it because all of this time you only find reserve that need more time to be learn. Honesty Journal: For People Living with IBD can be your answer as it can be read by an individual who have those short free time problems.

Jesse Kennedy:

Reading a book for being new life style in this season; every people loves to study a book. When you read a book you can get a large amount of benefit. When you read textbooks, you can improve your knowledge, simply because book has a lot of information upon it. The information that you will get depend on what kinds of book that you have read. If you wish to get information about your examine, you can read education books, but if you act like you want to entertain yourself read a fiction books, this kind of us novel, comics, as well as soon. The Honesty Journal: For People Living with IBD will give you a new experience in examining a book.

Raymond Jackson:

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