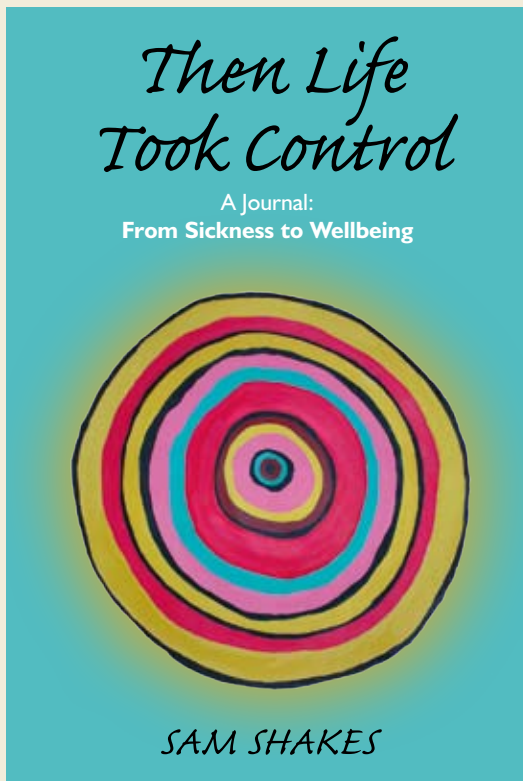


PRESS RELEASE

*'We are made up of the stories of others,
And we all have a story to tell...
Here's part of mine...
And yours'*



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Then Life Took Control combines autobiography and self help using chronic disease and wellbeing as a platform to uncover the crux of these states. This contribution explores the influence of relationships with partners, family, friends, and the medical profession in relation to health. It demonstrates how racism, sexism, alcoholism, mental health challenges and childhood experiences all have a place in our disease and wellbeing states.

The status quo in areas such as education, employment, and medical practices are powerfully challenged by use of fifty percent raw data taken from personal journals. The core of this communication is 'truth', change and acceptance. What's written in these pages will appeal to your mind, body and soul. You will be inspired regardless of your profession, class, race, age, or sex – what is shared has no boundaries, and nourishes our human spirit.

'I certainly found it very interesting to read and it gave me a better idea of how badly Inflammatory Bowel Disease can affect your life'.
Dr. Elizabeth Rang

A reader needs to open their heart as to what is read here. The writing is so open hearted. Great writing with polemic under tones for anyone who is prepared for it'.
Mr. G. Ebu, Student and Political Activist

A truly insightful book that had me laughing and crying, and taking part in the transition. She has captivated the audience by allowing us to witness how 'Life Took Control'.
Nadia Ismail, Student of Life

'This is such an important book not just for those who have had a similar experience, but for all of us. It tells us that we must listen to that little voice telling us something is wrong and act'.
Sharon Remy, Family Historian

About the Author: Sam Shakes lives in London. She works as a chronic disease management tutor and health guide in her local and surrounding communities. Alongside this work, she delivers talks at universities and teaching hospitals via her self-employed business 'The Patients' Perspective'. Sam graduated at Middlesex University after studying Health Studies. She has written articles for national charities based on her experiences of chronic disease management and her caring role. This is her first book.