



# **Jennifer's Way: My Journey with Celiac Disease-- What Doctors Don't Tell You and How You Can Learn to Live Again**

*Jennifer Esposito*

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The National Foundation for Celiac Awareness estimates that as many as one in 133 Americans has celiac disease. Unfortunately, 83 percent of people who have this terrible disease are undiagnosed or misdiagnosed—suffering through years of pain and misunderstanding. Award-winning actress Jennifer Esposito was one of those 83 percent, receiving an accurate diagnosis only after decades of mysterious illnesses and myriad misdiagnoses.

Now Jennifer shares her riveting personal journey—from her earliest memories of her childhood in Brooklyn to her years as a young actress, all the while suffering from unexplained, devastating ailments. Jennifer's struggle to finally receive an accurate diagnosis is one that anyone who has a chronic disease will share. But this is more than a story of suffering. It is the story of one woman's valiant journey to take charge of her health and rebuild her life.

Not only will you learn from Jennifer's personal story, the book also guides you through early diagnosis, sharing the steps that helped Jennifer heal. Plus, you'll find recipes she uses at home, along with recipes for some of the delicious treats she offers at her own gluten-free bakery, Jennifer's Way, in New York.

For anyone struggling with a chronic illness, *Jennifer's Way* is proof that you can find an answer to what is wrong with you, that you shouldn't stop until you find it, and that you can learn how to truly live again.

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