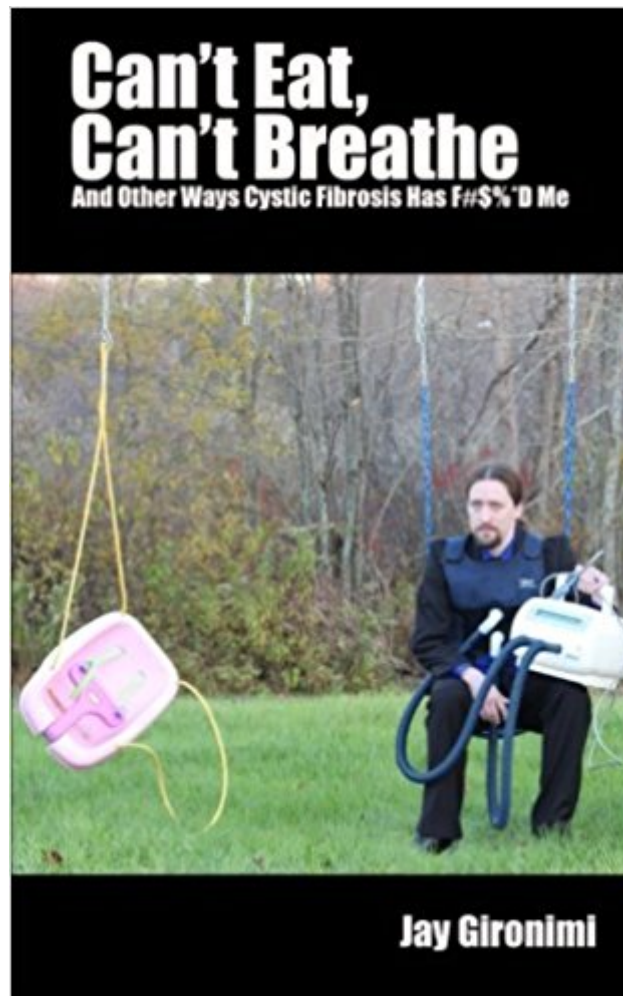




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Can't Eat, Can't Breathe And Other Ways Cystic Fibrosis Has F#\$%*d Me



Synopsis

Jay Gironimi (rhymes with astronomy) is a man who can't eat and can't breathe. Can't Eat, Can't Breathe and Other Ways Cystic Fibrosis Has F#\$%*d Me is not an inspirational story of triumph over adversity. But if you'd like to read a series of reflections on poop and mucus, it just might be the book for you.

Book Information

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Customer Reviews

For anyone who has ever dealt with a serious chronic disease, this book is a welcome respite from the usual BS, positive thinking, good-doobies, faith healers and other assorted non-sense. I don't know the author but I do know a lot about life with a major lung disorder...how people respond, how they fail to respond, the absolutely asinine and stupid remarks, the well intentioned but oh so utterly predictable 'help", the constant and ongoing comparisons and complaints which are as far removed from the day to day reality of life as they can be...it's like seeing someone with a dagger sticking out of their head then saying you've had a headache. This book tells it like it is - straight talk about living with a serious and chronic disease that can...and probably will...eventually take your life.If that sound somewhat dull or morbid...it's not. The author does a great job infusing humor into the utterly ridiculous chaos of life while also providing much needed insight into how to take it seriously while still taking it all in stride. Yes, it's a fine balance but one that everyone facing a serious disease must eventually grapple with...along with their family and loved ones.The book is also informative. In fact, the first few chapters covered more than about a dozen overpaid specialists managed to communicate when we were initially faced with the prospect of flutter devices, postural drainage,

salt treatments and so forth. Some of the content is pretty graphic...but that too is valuable especially for those who have little to nothing to compare. In short, this is real information from a real patient...it's the type detail rarely available from the "experts" who have nothing more than second hand experience to share. Who should read this book? 1. Anyone with a healthy sense of humor! 2. Anyone with a chronic health disease who is sick and tired of the BS. 3. Anyone with a NEW diagnosis who will soon encounter a new side of family, friends and coworkers. 4. Family, friends and coworkers of anyone with a major medical diagnosis. 5. Anyone with a lung disorder...seriously, you will relate! 6. Anyone with a digestive disorder...again, you will relate! 7. Anyone who has been F#\$!%*d by a situation in life. In short...well worth the read! Good stuff, straight talk on a serious subject and worth more than the price of admission!

My son was diagnosed over a year ago with CF. As soon as we found out I started to read read read. After reading so many books that were clinical I decided to read some written by people that have CF. This book was such a joy to read. I laughed many times and finally had a better perspective. I love how he views having CF and how he explained his childhood and growing with CF. Unlike other books he doesn't focus on religion and instead talks about different situations that every child goes through well into adulthood. I loved it so much I gave it to other family members to read. One day when my son is old enough I will have him read it.

Thus far, I've only read two books on my Kindle that I've enjoyed so much, I bought the paperback after, to share with family & friends. This is the second. I bought this book because, although I'd like to think I have an above-average knowledge of CF, I wanted to learn more. And, learn I did. As you can tell by the title, there is some adult language, but, it's justified. Some of the experiences shared are a bit blunt and honest, which a simple layman like me without a huge medical vocabulary greatly appreciated. Plus, it brought back so many fond memories from my childhood, and gave me perspective of those same times, from someone living with CF. Thought-provoking and also so damn legit laugh out loud funny... I can't praise this book enough.

I came to this book from a Cracked article about what it's like to live with a terminal illness. I was promised poop jokes and mucus, and this book delivers those things -- but it also has laughs, insight, and a unique voice that makes it feel more like hanging out and chatting with a friend than a study of "terminal illness." I want to emphasize that part: reading this book is like hanging out with a funny friend who has CF. The chapter topics ramble (in a good way, like a good conversation does),

the humor is dry, ironic and matter of fact, and at no point does it feel as if the reader is being cajoled into caring about the author just because he has CF. When I say this book is "insightful," I don't mean there are a lot of passages about embracing life's difficulties or how we all need to stop and smell roses, etc...I mean that it was written by someone who appears to be both genuinely insightful and also able to communicate those insights without any attempt at manipulating the reader. That's a hard balance to strike, and this book does it better than any memoir I've read to date. I'd say my only complaint is that it wasn't longer, but it's hard to even complain about that, since it would feel like complaining that your friend wasn't hanging out "right."

I found this book through Jay Gironimi's article on Cracked:[...]The article was outstanding in and of itself but of course, he dives deeper into his life through the book, all the while doing so with sharp wit and insightful prose. Easily one of the best memoirs I've ever read. My takeaway lesson is that if someone with a terminal illness is not going to lay down and let the universe dictate his fate, then what excuse could I ever use, being blessed with a functional body?

I've never laughed so hard while reading about a terminal illness. I too have CF, I'm about to turn 30 and I also have Celiac disease and a dairy intolerance. I really enjoyed how the book didn't end in a tragic death, like so many other CF books I've read. I'd also recommend "Sick Girl Speaks" written by a woman with CF :)

I first saw Jay's writing on Cracked, he is hilarious. He manages to dive into a dark subject (his own mortality) while maintaining a sense of humor. My girlfriend was recently diagnosed with CF and I got this book for her, so she could read the story of someone who truly understands her difficulties. She loves it, and it has helped me better understand how to support her and empathize with what is going on. Thanks for writing this!

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