

# Jennifers Way: My Journey with Celiac Disease--What Doctors Dont Tell You and How You Can Learn to Live Again



Celiac disease afflicts as many as one in 133 Americans. Unfortunately, 83 percent of them are undiagnosed or misdiagnosed, suffering through years of pain and misunderstanding. Award-winning actress Jennifer Esposito was one of them, only receiving an official diagnosis after decades of mysterious illnesses and misdiagnoses. In *Jennifers Way*, Esposito shares her personal journey, from her childhood in Brooklyn and years as a young actress to her struggle for an accurate diagnosis and quest to take charge of her health. She also offers critical tips and strategies for managing daily life with a chronic condition. [Esposito's] rags-to-riches story will keep readers turning pages. The second section of the book is a helpful guide to living with celiac disease. Publishers Weekly

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