

Afraid to Fart

and the Fine Art of Following Through — a sample

I had IBS for forty years. I tried the diets. I tried the apps. I tried being a "good patient". None of it touched the thing underneath — which was that I had been at war with my own digestion since I was nineteen, and nobody had ever invited me to consider that the war might be the problem.

This is a short excerpt. The full book — eight chapters, the F.A.R.T. Formula, and forty years of paying attention — is available at [**afraidtofart.com/book**](https://afraidtofart.com/book).

PLACEHOLDER — replace with Marion's final excerpt.