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New Health Memoir ‘Sick Idiot’ Has Been Called Side-Splittingly Funny, Heartbreaking, and Inspiring

Author, health coach, and advocate Ashley Boynes-Shuck shares her sometimes-uplifting, sometimes-hilarious journey of life with invisible chronic illnesses in this funny-yet-inspiring collection of essays.

Pittsburgh, Pennsylvania – April 28th, 2015 – Sick Idiot, a new health memoir penned by author, advocate, and health coach Ashley Boynes-Shuck, was published on April 9th, 2015, to overwhelmingly positive reviews. Already an Amazon bestseller, it consistently receives 5-star ratings and touching, heartfelt feedback from readers.

Sick Idiot, unlike many other books about medical problems, looks at life from a humor-filled perspective. Following the notion that “laughter is the best medicine,” Ashley shares intimate details about her struggle-filled journey throughout a lifetime of being sick.

This book that has been called “side-splittingly funny,” “heartbreaking,” and “inspiring,” includes topics that range from encounters with Oprah and boy bands, to brain surgery, childhood arthritis, bullying, and more. Ashley may not look sick, but what she’s gone through – all with a smile on her face – will amaze any reader.

Sick Idiot is currently available in paperback from Amazon, Barnes & Noble, CreateSpace, and as an e-book on Kindle. You may also order directly from the author at abshuck.com. It will become available to further retailers and in other formats during the summer of 2015.

About the Author

Ashley Boynes-Shuck is an author, health coach, advocate, and award-winning blogger from Pittsburgh, Pennsylvania. She has a large following online in the chronic illness community as “Arthritis Ashley,” and has devoted her adult life to helping others like herself to cope with their health problems while still keeping a positive perspective.

For more information about Sick Idiot, please visit www.abshuck.com, or contact Ashley at 412.722.4655 or author.abshuck@gmail.com.

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