

A farm girl from Prunedale California, JoAnne Lake an insistent patient, forthright and wordy because she is one of millions of people in America with bladder problems and wants to start a conversation. She likes to tell it like it is.

The secret of her success is embracing the state of affairs with luminosity and honesty and taking the punch away.

She does not want to be remembered in connection to the toilet yet she sees toileting dysfunction as the last frontier of subjects that needs to have a mature conversation. Her writings come from life experiences and emotions as a patient, mother, educator, and friend.

After journaling her private thoughts and feelings, she started writing a highly successful blog in 2012 to educate and inspire others with bladder and bowel problems. This is her first book.

Visit JoAnne Lake (as Trudy Triumph) at her website www.TrudyTriumph.com.

