



**ROMANCE, RICHES,  
AND RESTROOMS**  
*A Cautionary Tale of Ambitious  
Dreams and Irritable Bowels*

By  
TIM PHELAN

NON-FICTION

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**2008 IPPY  
Bronze Award Winner**  
Autobiography/Memoir

**FOR IMMEDIATE RELEASE**

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**COMING CLEAN:**

*Hilarious, honest memoir recounts challenges of living  
with Irritable Bowel Syndrome*

PHILADELPHIA, Penn., July 2008 -- Think of Tim Phelan as the Bob Dole of Irritable Bowel Syndrome, except a lot funnier.

Phelan does not resemble Dole in the senatorial sense, but rather in the spokesman-for-the-taboo-bodily-function sense. In his laugh-out-loud memoir, *Romance, Riches, and Restrooms: A Cautious Tale of Ambitious Dreams and Irritable Bowels*, Phelan shines light on IBS, a seriously debilitating illness that impacts an estimated 58 million Americans.

Writing in crisp, smart prose, Phelan recounts how he navigated -- professionally and romantically -- through his 20s and 30s while dealing with IBS. Despite (or because of) the subject matter, *Romance, Riches, and Restrooms* manages to be enormously appealing and entertaining all the while educating the reader about this very real disorder. Phelan's self-deprecating tone and offbeat look at IBS help take the embarrassment and stigma out of this surprisingly common, yet often ignored, medical syndrome.

While one of Phelan's goals is to entertain, equally important is his goal to raise public awareness about the day-to-day impact and challenges of living with IBS. Luckily for the reader, *Romance, Riches, and Restrooms* succeeds in doing both.

To obtain a review copy of *Romance, Riches, and Restrooms*, a 2008 Independent Publishers IPPY Award bronze medal winner, or to schedule an interview with Tim Phelan, call 610/420-5011 or send an email to [timphelan@yahoo.com](mailto:timphelan@yahoo.com). For more information about the book, visit [www.romancerichesrestrooms.com](http://www.romancerichesrestrooms.com).

*"At times laugh-out-loud funny and at times poignantly heart-breaking, Tim's book educates us all as to the realities of IBS, and in doing so will hopefully make it easier for other sufferers to access the help they need."*

-- Barbara Bradley Bolen, Author, *Breaking the Bonds of Irritable Bowel Syndrome*

**About the Author:**

Tim Phelan is a proactive voice on behalf of IBS sufferers. He is member of the IBS Patient Action Group, has petitioned the FDA to approve IBS treatments, and has participated in IBS research studies. A member of the IBS Self-Help and Support Group, Phelan also uses his platform as a stand-up comedian to promote IBS awareness. He currently lives in a three-bathroom home outside Philadelphia.

**About the Independent Book Publisher Awards:**

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