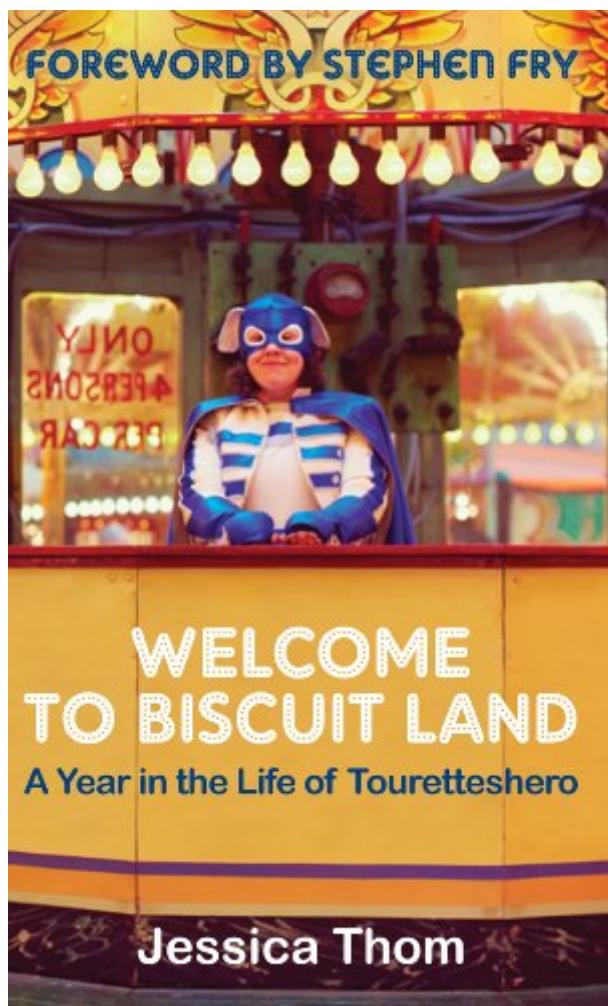


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# Welcome To Biscuit Land: A Year In The Life Of Touretteshero



## Synopsis

Jess Thom has Tourette's Syndrome, a neurological condition that manifests itself through multiple vocal and physical tics. She says 'biscuit' up to 16 times per minute, (about 6 million times a year), she beats her chest regularly, her walking is in her own words 'chaotic' and, in common with only 10% of the 300,000 people in the UK with Tourette's, she swears involuntarily. When she agreed to talk about the condition for Stephen Fry's series, *Planet Word*, little did she realise the impact it would have. Her humour, courage and complete lack of self-pity touched the audience and led Fry to declare her 'a true hero'. Other media followed, including interviews on the *Today* programme and *This Morning*, and now her remarkable story is told in full in **WELCOME TO BISCUIT LAND**.

Based on her entertaining blog, *Touretteshero*, the book follows a year in Jess's life, and shows that although living with Tourette's is tough, it can also be funny and inspiring. As her alter ego, Jess transforms herself into a superhero to educate children and adults about her condition, and to empower others who have it not to feel downhearted. With wit and considerable frankness, she describes her daily challenges, while celebrating the creativity and humour of her condition. ('Biscuit' may be her most common word but others are more poetic with à œThe history of iguanas can be written in a tea potâ • and à œThe clouds are chasing Helen Mirrenâ • being two favourites). Jess introduces Leftwing Idiot, Fat Sister, King Russell, Poppy, and others, who provide friendship and support and enable her to go to work and live in her own flat. She talks of the frustrations of coping with everyday tasks when her body won't stay still, such as using a cash machine or washing her hair. She reveals how she deals with the inevitable funny looks and nasty comments, and how the simple kindness and understanding of strangers can make a big difference. Through **WELCOME TO BISCUIT LAND**, and her blog, Jess aims to alter the perceptions of Tourette's, showing it as the creative, if somewhat surreal, force that it is.

## Book Information

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## **Customer Reviews**

I loved this book. I didn't want it to end. Reading this book is like making a new best friend. The author takes Tourette's, demystifies it, and finds the humor in it. I hope she keeps writing sequels. This is easily the best book I've read this year, and probably the best non-fiction book I've ever read. The author is charming, funny, and she puts a very human face on Tourette's. Whether you have someone in your family with Tourette's, or you're just looking for a great read, I highly recommend this book. The last non-fiction book I read that I liked almost as much as this was Orange is the New Black. I love Jess Thom's sense of humor and the characters that populate her life and I loved reading her written-down vocal tics. They're quite creative and frequently entertaining. Welcome to Biscuit Land, indeed. Once you check in, you may not want to check out.

Jessica Thom writes with such honesty and openness you are made to feel welcome and to laugh along with her as new tics and situations occur, it doesn't gloss over the very real difficulty of living on a daily basis with Tourette's or the lack of knowledge and compassion the general public have when they experience Jessica's unusual tics and movements. I have a far better understanding of the full extent that Tourette can exhibit and I sincerely hope that if I should find myself seated next to or indeed having to help someone with this condition I will be able to converse and or help them in a compassionate and meaningful way. At one point in the book, don't want to give it away, I laughed out loud for so long with tears streaming down my face that my husband commented " Nothing can be that funny" Maybe not in our boring mundane world, but when you view Jessica's world through her eyes it does come up with the most hilarious situations and she welcomes you to laugh along with her. Read this book, you will be humbled, entertained and understand that through trying times

she gets through each day with a sense of humour and fighting spirit that really does make her a Tourette's Hero.

...Which, luckily, happen to be a recommendation from for Welcome to Biscuit Land. It's very convenient! And the book... I was entertained and educated. And learned New lyrics to Jerusalem, among other very important serious and not so serious things!

Trouble is, living there is a series of challenges. Read how Jessica Thom meets them with courage and humor. Imagine how it would be if you could not pick up your phone without risking it flying out the window!

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