



# Sicknote Goes Cruising: An Occasional Diary

*Dennis Richards*

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## **Sicknote Goes Cruising: An Occasional Diary** Dennis Richards

Sicknote Goes Cruising is about how something brilliant came out of something horrible. After being diagnosed with a debilitating long-term illness in his early 30s, and seeing his life change beyond recognition, Dennis Richards and his wife Mandy discovered the wonderful world of cruising. As his constant attempts to return to good health proved increasingly frustrating, the occasional break on a cruise ship became a shining beacon of hope and positivity. It may make you laugh out loud, and it may make you cry like a fool, but Sicknote Goes Cruising is a journey anyone of us could find ourselves on. It's a book that provides a truly entertaining and observationally hilarious view of both cruising holidays, and learning to live with a sudden and dramatic change in one's health.

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