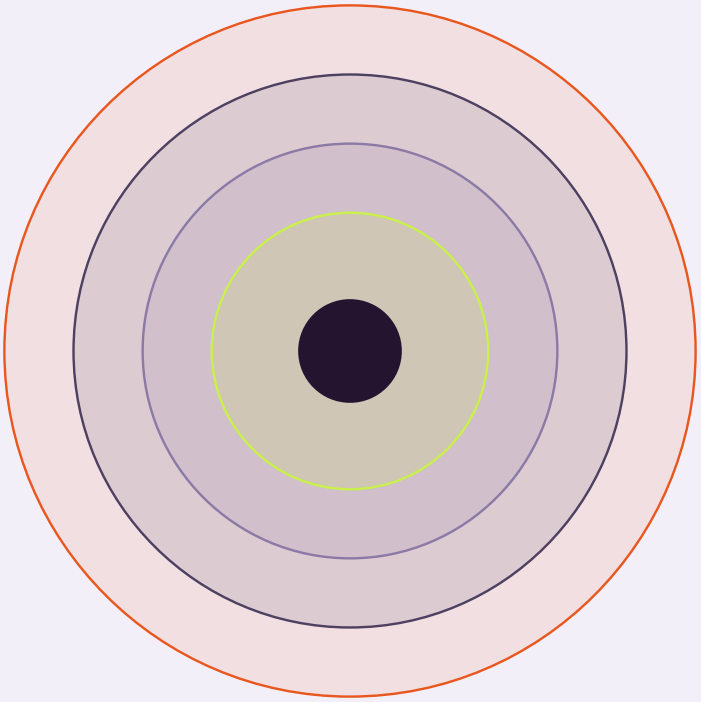


Bloodlines: A Memoir

A reading of the book by Joe Manganiello (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Bloodlines: A Memoir, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Joe Manganiello is an American actor from Pittsburgh, known for True Blood and Magic Mike. Bloodlines is his memoir of an illness he kept hidden for seven years: a run of autoimmune problems that ended in emergency surgery to remove his large intestine and months living with an ostomy bag. When medicine could not tell him why, he went looking further back, to a great-grandmother who survived the Armenian Genocide, and he came to believe that trauma carried down his family was showing up in his own body. The book follows two threads at once: the medical story, from a misdiagnosis to rebuilding his strength in secret for a film role, and a spiritual search that runs from healers and ceremonies far outside medicine to a Greek Orthodox monastery near Pittsburgh. It is a personal account, not a health manual.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Keeping an illness secret can end up heavier than the illness itself.

Manganiello hid his health for seven years. He has said the reason was less about his career than about not wanting to be seen, or to see himself, as a sick person. In the end, carrying the secret became harder than telling it, and the book is the telling.

2 HOURLIFE TAKEAWAY

Before you can understand what your body is doing, you may need to know where it came from.

His search led back to a great-grandmother who survived the Armenian Genocide after her husband and children were killed. He came to see his illness as tied to that inherited loss. The book offers this as his experience; the science on trauma passing between generations is still young and debated.

3 HOURLIFE TAKEAWAY

Looking strong and being well are not the same thing.

He built a career on a powerful physique, yet he was offered the villain in a planned Batman film while wearing an ostomy bag after surgery. He rebuilt his strength and got through costume fittings and medical checks hoping no one would notice. The gap between the body people saw and the body he lived in runs through the book.

4 HOURLIFE TAKEAWAY

When the first answer doesn't fit your symptoms, keep asking.

His illness began with symptoms nobody could explain, and an early misdiagnosis came before the emergency that put him in surgery. The lesson HourLife takes from it is practical: keep a record of what is happening and go back to your clinicians when something still feels wrong.

5 HOURLIFE TAKEAWAY

Being close to death can turn a private matter into an urgent one.

At the worst point he feared he had less than a day to live, and surgeons removed his whole large intestine. Doctors first thought the ostomy might be permanent. He lived with it for seven months, and the book does not look away from what that was like.

6 HOURLIFE TAKEAWAY

A search for healing can lead well past the hospital door.

When medicine left him with no clear cause, he tried a great deal: a voodoo practitioner, a shaman from Australia, a ceremony in Cuba. The book reports the search honestly. HourLife's note: it is one man's path, not a recommendation, and none of it replaces medical care.

7 HOURLIFE TAKEAWAY

Faith can be something you practise, not only something you hold.

The search ends closer to home, at a Greek Orthodox monastery outside Pittsburgh, where the sisters sent him on spiritual tasks. He describes the book as a spiritual awakening as much as a health story, and says his life now feels in alignment.

8 HOURLIFE TAKEAWAY

You can take back a body that surgery changed.

After seeing his scars, he had a tattoo put over one of them, a way to regain a sense of control. Small acts of ownership like this matter when illness has made decisions for you.

9 HOURLIFE TAKEAWAY

Telling your story may be the map someone else needs.

He went public hoping it would help other people facing illness or trauma, and he says many readers have written to tell him it did. A story kept private protects you; a story shared can make someone else less alone.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Write down three generations of health history
- [ ] Ask the oldest relative for one story
- [ ] Start a two-week symptom log
- [ ] Choose one person to tell
- [ ] Write your questions before the appointment

KEEP UP DAILY

- ◯ Check in with your body each week
- ◯ Keep the family record alive
- ◯ Rebuild strength at your own pace

30 days · Nov 6 - Dec 5, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 6 - Dec 5, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

☐ SETUP 1

Write down three generations of health history

Use the family line tool on this page, or a sheet of paper, to note what your parents and grandparents lived with and roughly when it started.

Bring it to your next appointment.

MY VERSION DONE ON

☐ SETUP 2

Ask the oldest relative for one story

Call or visit the oldest person in your family this week.

Ask where their parents came from and what they lived through, and record it with their permission.

MY VERSION DONE ON

☐ SETUP 3

Start a two-week symptom log

If something in your body keeps coming back, write down the date, what you felt, how bad it was, and what you ate, slept and did.

A clear record helps a clinician far more than memory.

MY VERSION DONE ON

☐ SETUP 4

Choose one person to tell

If you are carrying something about your health alone, pick one person you trust and tell them this week.

You decide how much to share.

MY VERSION DONE ON

☐ SETUP 5

Write your questions before the appointment

List your three most important questions and what you have already tried.

If symptoms persist without an explanation, ask whether a referral or a second opinion makes sense.

MY VERSION DONE ON

DAILY HABIT 1 OF 3

Check in with your body each week

Spend five minutes on Sunday noting energy, pain, sleep and digestion.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Keep the family record alive

When a relative gets a diagnosis or tells a new story, add it to your record the same week.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Rebuild strength at your own pace

After illness or surgery, agree a plan with your care team and take one small step each week, such as a walk that grows by five minutes.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
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December 2026

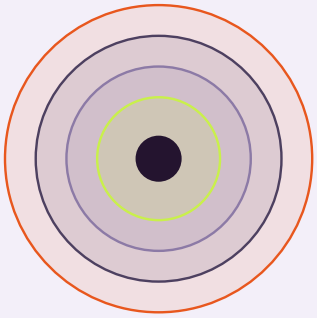
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28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



What a family survives does not stay in the past. Learn the story, then decide what you carry forward.

HOURLIFE NOTE AFTER JOE MANGANIELLO