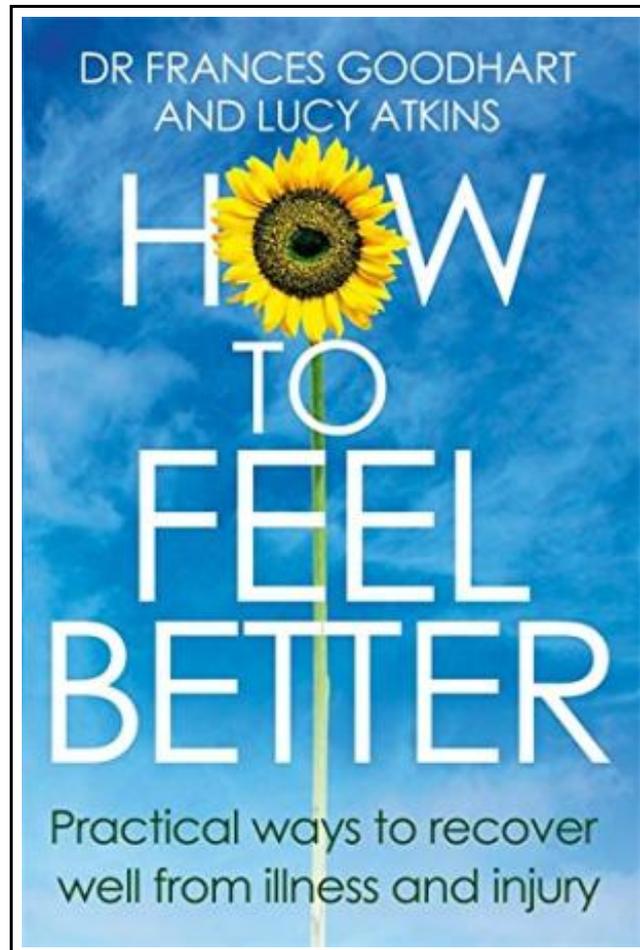


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Reviews

This publication is wonderful. it was actually writtern very completely and beneficial. You may like the way the writer compose this publication.

(Prof. Aisha Mosciski PhD)

HOW TO FEEL BETTER: PRACTICAL WAYS TO RECOVER WELL FROM ILLNESS AND INJURY



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Little, Brown Book Group, United Kingdom, 2015. Paperback. Book Condition: New. 232 x 152 mm. Language: English . Brand New Book. HIGHLY COMMENDED (POPULAR MEDICINE) AT THE BRITISH MEDICAL ASSOCIATION S BOOK AWARDS 2014 In days gone by, people understood that a knock to your health takes its toll on your emotions, your relationships, your morale, your spirit . But these days, we think that if the doctor has waved you off, then you are better . If only it were this simple. The truth is that when your body takes a serious knock so does your mind - your thoughts and feelings. Often people feel worried, confused, lonely, depressed, unsupported or overwhelmed. You may be grappling with ongoing physical challenges: disability, pain, treatment side effects, sleep problems and fatigue. And you may have practical concerns over finances or work - or may simply be trying to adjust . That s when this new book, from the authors of The Cancer Survivor s Companion (highly commended by the BMA and winner of the Guild of Health Writers Best Health Book 2012), will prove invaluable. It offers simple, practical ways to find a path through the space between illness and health. Contents include: Why getting better takes time; why relaxation and exercise are both vital; how to build your confidence and tackle low mood and depression; how to eat for recovery; how to deal with medical advice and communicate well with your doctor; how to keep family life and relationships on track and much more. There are also case histories to inspire readers as well as fascinating snippets from times gone by, which help to make this an entertaining as well as a highly practical, inspiring read.

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