

Anatomy of an Illness
As perceived by the Patient
Reflections on Healing and
Regeneration by
Norman Cousins

Rene Dubos

The basic theme of this book is that every person must accept a certain measure of responsibility for his or her own recovery from disease or disability.

Admittedly, it is often difficult to prove the exact age of very old persons because records of their birth dates tend to be inexact or lacking altogether.