



## How to Feel Better: Practical Ways to Recover Well from Illness and Injury

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By Dr. Frances Goodhart, Lucy Atkins

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 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....



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