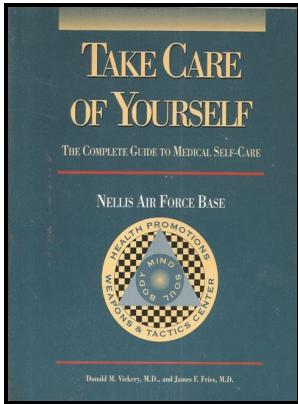


Take care of yourself - the complete guide to medical self-care

Addison-Wesley - Take Care of Yourself: The Complete Illustrated Guide to Medical Self



Description: -

- National banks (United States)
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- Self-care, Health.
- Medicine, Popular. Take care of yourself - the complete guide to medical self-care
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Notes: Includes bibliographical references (p. 471-475) and index.
This edition was published in 1993



Filesize: 48.53 MB

Tags: #Take #Care #Of #Yourself: #The #Complete #Illustrated #Guide #To #Medical #Self

Take care of yourself : the complete illustrated guide to medical self

With new information on the Zika virus, prescription pain relievers, and other pertinent updates throughout, Take Care of Yourself remains your path to the most comprehensive and dependable self-care. Grown children get a copy when they move out.

Take Care Of Yourself, 5th Edition: The Complete Guide To Medical Self

My sister-in-law gave me this book a few years back as a gift, and over the years I have opened it many times as a quick reference. It is a comprehensive guide to healthcare tips and first aid for a wide variety of medical problems. The binding may be slightly damaged but integrity is still intact.

Take Care of Yourself, 10th Edition: The Complete Illustrated Guide to Self

May have some damage to the cover but integrity still intact. Just how serious is that banged head or wrenched joint? This is the ebook version of a book I had purchased years ago updated over time.

Take Care Of Yourself, 5th Edition: The Complete Guide To Medical Self

Does that cut need stitches? Formerly the head of the nonprofit Self-Care Institute, he died in 2008. It has saved us from many emergency room and doctor visits over the years. It was nice to see the authors are staying on top of this.

Take Care of Yourself, 10th Edition: The Complete Illustrated Guide to Self

This new edition is even easier to refer to and more complete--with more charts and indexes and covering 120 common symptoms.

Take Care Of Yourself, 5th Edition: The Complete Guide To Medical Self

I was a little put off when I first opened the book because it didn't seem to have the guide that I expected for medical problems. Pantell, Taking Care of Your Child.

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