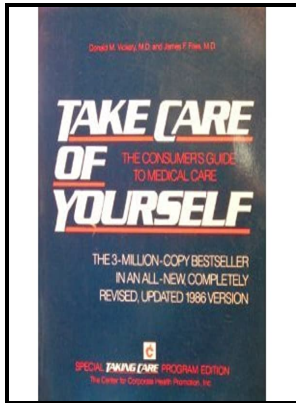


Take care of yourself - the complete guide to medical self-care

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



Description: -

-

National banks (United States)

Municipal bonds -- Law and legislation -- United States

Self Care -- popular works.

Medicine -- popular works.

Self-care, Health.

Medicine, Popular. Take care of yourself - the complete guide to medical self-care

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

Notes: Includes bibliographical references (p. 471-475) and index.

This edition was published in 1993



Filesize: 13.32 MB

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

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

The USAF gave all active duty members a previous version of this book back in the mid to late 90's.

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

In fact, an HBO gave me the first edition of this book many years ago, and I've never been without the latest edition.

Take Care of Yourself: The Complete Guide to Medical Self

By the time I scrolled to Chapter 4 I saw what I had expected 26% into the book.

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

I used it for years and found it a valuable reference. His work involves the study of health outcomes and how to improve them, prevention of disease by reduction in health risks, self-care techniques, and health economics.

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

The clearest, most practical medical advice ever. Symptoms, Home Treatment, What to Expect at the Doctor's Office and a flow chart to decide if you need to see the doctor all given for each problem listed. Includes updated information on medicines, addictions, immunizations, managed-care health plans, and more.

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

This comprehensive guide also covers emergencies, the 20 things everyone should keep in a home pharmacy, and how to work best with a doctor.

This book tells you quickly what to do so that you can get medical attention right away instead of reading a book. 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.

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

Applauded by over 7 million readers for its sound, sensible medical advice and easy-to-follow decision charts, Take Care Of Yourself is the most scientifically evaluated health book ever written.

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