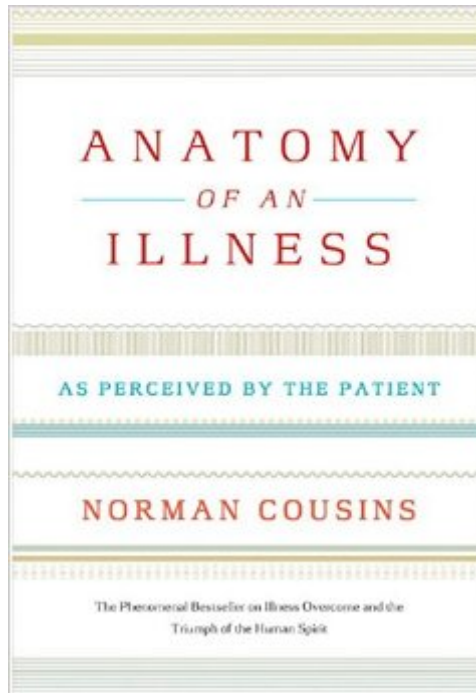


The book was found

Anatomy Of An Illness: As Perceived By The Patient (Twentieth Anniversary Edition)



Synopsis

The best-selling, groundbreaking classic by Norman Cousins on combating life-threatening illness through humor and patient participation in care. *Anatomy of an Illness* was the first book by a patient that spoke to our current interest in taking charge of our own health. It started the revolution in patients working with their doctors and using humor to boost their bodies' capacity for healing. When Norman Cousins was diagnosed with a crippling and irreversible disease, he forged an unusual collaboration with his physician, and together they were able to beat the odds. The doctor's genius was in helping his patient to use his own powers: laughter, courage, and tenacity. The patient's talent was in mobilizing his body's own natural resources, proving what an effective healing tool the mind can be. This remarkable story of the triumph of the human spirit is truly inspirational reading.

Book Information

Paperback: 192 pages

Publisher: W. W. Norton & Company; 1 edition (July 17, 2005)

Language: English

ISBN-10: 0393326845

ISBN-13: 978-0393326840

Product Dimensions: 5 x 0.6 x 7.3 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (83 customer reviews)

Best Sellers Rank: #27,568 in Books (See Top 100 in Books) #147 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#) #386 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments](#) #608 in [Books > Politics & Social Sciences > Sociology](#)

Customer Reviews

I highly recommend this book for several reasons. The author made a recovery from a terminal illness, and had a doctor who cooperated and encouraged him in his recovery. They even had the hospital run tests to verify whether the author's strategy was working. The author's strategy involved the use of laughter, and found that 10 minutes of laughter, in his case watching Marx brothers movies would give him 2 hours of pain relief. Tests conducted by the hospital proved that the laughter caused the sed rate (which monitors tissue inflammation) to drop, proving the strategy worked. In addition taking megadoses of Vitamin C would also inhibit the deterioration of his connective tissue. Important elements of his recovery were his determination, the power of the

placebo effect, and homeostasis, which is the body's natural ability to heal itself. There are important topics covered in this book, and I particularly liked his stories from Dr Albert Schweitzer, a Nobel Prize winner. Interestingly, Linus Pauling, a two time Nobel prize winner popularised the use of megadoses of Vitamin C, but that was in 1970, according to the author, six years after the author used the same strategy on his own illness. I am very impressed with this book. Having explored energy healing, and emotional healing techniques for myself, I agree unequivocally that good body chemistry emanates from good emotions, just feeling good. How would you feel if you felt 100% healthy? I also remember a quote from the movie The Secret that 'cancer cannot survive in an emotionally healthy person.' If you or someone you know has a serious health challenge, this book could be enormously helpful. It is an easy read. I devoured it in less than a day, and gave it to my mother.

[Download to continue reading...](#)

Anatomy of an Illness: As Perceived by the Patient (Twentieth Anniversary Edition) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) On Perceived Motion and Figural Organization (MIT Press) When Bad Things Happen to Good People: Twentieth Anniversary Edition, with a New Preface by the Author Brain Lock, Twentieth Anniversary Edition: Free Yourself from Obsessive-Compulsive Behavior The Rastafarians: Twentieth Anniversary Edition Complete Guide to Symptoms, Illness & Surgery: Updated and Revised 6th Edition (Complete Guide to Symptoms, Illness and Surgery) Mental Illness: PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help Mental Illness Dysfunctional Relationships) Childhood Illness and the Allergy Connection: A Nutritional Approach to Overcoming and Preventing Childhood Illness Lubkin's Chronic Illness (Lubkin, Chronic Illness) Lubkin's Chronic Illness: Impact and Intervention (Lubkin, Chronic Illness) Chronic Illness: Impact And Intervention (Lubkin, Chronic Illness) Hard Choices for Loving People: CPR, Feeding Tubes, Palliative Care, Comfort Measures, and the Patient with a Serious Illness, 6th Ed. Patient Care Skills (7th Edition) (Patient Care Skills (Minor)) Dental Management of the Medically Compromised Patient - Pageburst on VitalSource (Little, Dental Management of the Medically Compromised Patient) The Sleeved Life: A Patient-to-Patient Guide on Vertical Sleeve Gastrectomy Weight Loss Surgery ASTNA Patient Transport: Principles and Practice (Air & Surface Patient Transport: Principles and Practice) The Anatomy of Hope- How You Can Find Strength in the Face of Illness Clinically Oriented Anatomy 6th Edition Testbank: Testbank Questions for the book Clinically Oriented Anatomy 6th Edition Human Anatomy & Physiology (9th Edition) (Marieb, Human Anatomy & Physiology)

