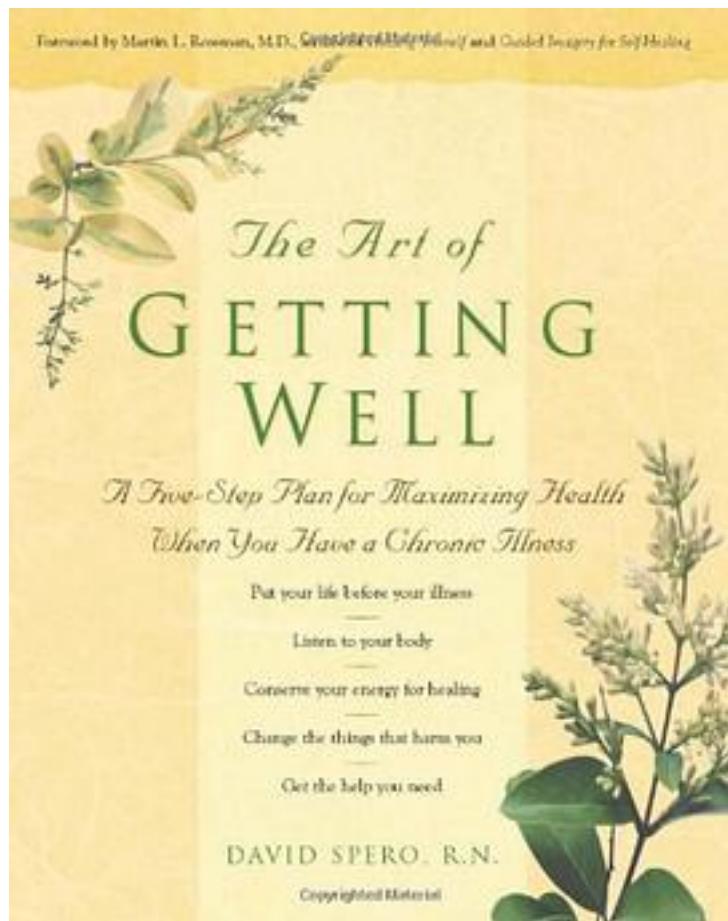


The Art of Getting Well



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A majority of chronic illnesses have no medical cure. The best therapy, asserts the author, is self-care. This comprehensive guide suggests healthy behaviors and holistic approaches while acknowledging the barriers people face in applying them.

作者介绍:

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