

# Stop Being Your Symptoms and Start Being Yourself

"In a sea of self-help books, this one stands out as a beacon of sane and scientific advice that truly can change a person's life."

— JEROME E. GRODEMAN, M.D., author of *How Doctors Think*

# Feeling Better

A 6-WEEK  
MIND-BODY PROGRAM  
*to ease your*  
CHRONIC SYMPTOMS

ARTHUR J. BARSKY, M.D.  
EMILY C. DEANS, M.D.

CHARLES PHILLIPS, M.D.  
*Stop Being Your Symptoms and Start Being Yourself*

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著者:Barsky, Arthur J./ Deans, Emily

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Nearly 20 per cent of people in the UK suffer from chronic debilitating symptoms that respond only partially to conventional medical treatment. Discomforts such as fatigue, insomnia, headaches, weak muscles, acid indigestion, and bloating cost the nation hundreds of pounds in health care expenses and lost productivity. Until now, no other book has relied on scientific evidence to provide a mind-body treatment specifically proven to ease the pain and distress of any chronic symptom. Based on over 20 years of clinical experience, scientifically tested at Harvard Medical School, and studied via a grant from the National Institutes of Health, the authors have developed a set of essential skills for overcoming the symptoms of chronic illnesses of every kind. The treatment is unique, powerful, and simple to learn. Readers are taught to stop worrying about being sick, and to start thinking about living well. This involves mastering the five psychological factors that make chronic symptoms persist. In a few short weeks, symptoms that have plagued so many for so long can be significantly relieved.

作者介绍:

目录:

[Stop Being Your Symptoms and Start Being Yourself](#) [下载链接1](#)

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