

Self-Care Essentials



SELF-CARE ESSENTIALS

A SIMPLE GUIDE TO MANAGING YOUR
HEALTH CARE AND LIVING WELL.

[Self-Care Essentials 下载链接1](#)

著者:David Hunnicutt

出版者:

出版时间:2001-5

装帧:

isbn:9780962833496

Self-Care Essentials is a 128-page, full color medical self-care book that makes taking care of yourself and your family an easy task. Self-Care Essentials will guide you through -- step-by-step -- on how to treat emergency medical conditions like burns or cuts, allowing you to quickly and easily determine if you need to see a doctor, or if you can treat the condition at home. In addition, Self-Care Essentials will give you tips and strategies for treating chronic conditions like arthritis, and high blood pressure, and will give you reliable information on taking medications appropriately. Self-Care Essentials is easy to read and is a great home reference to help you take care of yourself and your loved ones.

作者介绍:

目录:

[Self-Care Essentials 下载链接1](#)

标签

评论

[Self-Care Essentials 下载链接1](#)

书评

[Self-Care Essentials 下载链接1](#)