



## Managing Your Health (Paperback)

By Thomas M Obrotka

E-Booktime, LLC, United States, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is written in simple and understandable form so that it may be read in a short amount of time by the layperson. It gives valuable information so that you, the reader, can acquire some basic concepts to better organize and regulate your life, enhance your health, and possibly prevent some inevitable diseases by altering your environment and making lifestyle changes. It is a guide from which you can obtain some health knowledge so that you can assist your doctor with managing your health more efficiently. Remember, the more input you contribute the better understanding your doctor will have in caring for you. The more you know, the better informed your decisions will be. You ll be able to avoid seeing the doctor when not necessary, and you ll know when to seek help at the appropriate time.



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