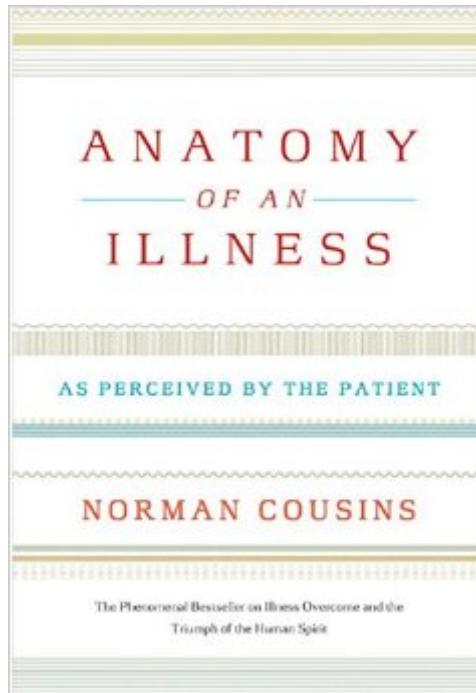


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# Anatomy Of An Illness: As Perceived By The Patient (Twentieth Anniversary Edition)



## 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

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## 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.

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