

Getting Whole Getting Well

[#holistic wellness](#) [#complete wellbeing](#) [#health and wellness](#) [#mental and physical health](#) [#integrated health](#)

Embark on a journey to achieving complete wellness by integrating mental and physical health. Focusing on 'Getting Whole' and 'Getting Well' means addressing all aspects of your being for a holistic and balanced approach to your overall wellbeing, leading to a healthier and happier life.

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Getting Whole, Getting Well

"A highly practical guide you can count on for results. I regard Dr. Bell as a true pioneer in natural health" (Andrew Weil, MD, #1 New York Times—bestselling author of Healthy Aging). Until now, trial and error has been the way most of us experiment with alternative healing techniques like vitamins, herbal supplements, and acupuncture. You can find encyclopedic information on different therapies—but the challenge is creating a personalized, holistic plan that works. Getting Whole, Getting Well shows you how to choose and use the treatments that are right for you. No guesswork. No wandering in the wilderness. If you've been disappointed in your results or confused about the multitude of options available, learn how to: Adopt the total healing mindset necessary for optimal results Choose the alternative therapies that work best for you and your health issues Avoid the number-one mistake most people make when using alternative therapies If you've suffered with any chronic condition, including asthma, arthritis, cancer, chronic fatigue, diabetes, fibromyalgia, heart disease, irritable bowel, migraine headache, or multiple sclerosis, this book can help you explore the wide range of treatment options in the world of alternative health.

Getting Well

This book is for people who are tired of being sick and want to learn a new approach for getting well. This true story invites you on a journey to explore why we were so healthy while growing up and what went wrong that caused us to become so very ill. Answers are found through a 20-chapter journey as we explore new ways to conquer illness. us can own. If you or a loved one have been robbed of this, there may be no more important issue than for you to experience Getting Well.

101 Comforting Things to Do

101 Ways to Make the Road to Recovery a Little Smoother. Doctors know the quality of a patient's recuperation is vital for the return of good health. But even in today's world of medical miracles, recovering from an illness, accident, or surgery can be a surprisingly difficult and lonely process. This uplifting book is a collection of inspiration and information, suggestions and tips, factoids, diversions,

and amusements. It describes proven techniques for lessening pain, eliminating boredom, and dealing with the sadness that often accompanies a serious medical problem. "...more useful than a bouquet of flowers." --Healthy Living magazine

The Art of Getting Well

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.

The Whole Health Life

Being healthy in this crazy, busy, modern world is not easy. For journalist Shannon Harvey, finding a solution to this problem became personal when she was diagnosed with an autoimmune disease that had no known cause and no known cure. After being told by her doctor that she could end up in a wheelchair, she realised she had to take action. This inspired a ten-year journey, where she spent more than \$30,000 on conventional and alternative treatments, searched through thousands of scientific papers, and traveled the world to interview dozens of pioneering health researchers from leading institutions such as Harvard and Stanford. On her road to getting better she met people with remarkable stories of recovery, discovered the truth amidst conflicting medical advice and sorted the quacks from the experts. She has now compiled the latest evidence and her personal experiences into one book to help you find the answers to good health. Discover why: *Meditation can turn off genes affecting disease *Sitting is considered the new smoking *One simple change to your diet can add years to your life *A walk in nature can boost your cancer fighting cells by more than 50% *Getting enough sleep makes you smarter, faster, and even better looking *Being positive can help you heal more quickly from a wound *Loneliness is on par with obesity and addiction as a leading risk factor in chronic disease And much more... From dealing with work stress, to improving your relationships at home, or making healthy habits stick, understand how your mind, body, and the world around you influences your health more than you think. Whether you are struggling to get well, or simply want to know what you can do today to stay healthy, this book is filled with real-world, simple, evidence-based solutions to improve your health from every aspect, adding years to your life and saving you thousands of dollars in medical expenses. This is a guidebook for anyone who wants to get healthy, find balance, and live better.

101 Comforting Things to Do

101 Ways to Make the Road to Recovery a Little Smoother. Doctors know the quality of a patient's recuperation is vital for the return of good health. But even in today's world of medical miracles, recovering from an illness, accident, or surgery can be a surprisingly difficult and lonely process. This uplifting book is a collection of inspiration and information, suggestions and tips, factoids, diversions, and amusements. It describes proven techniques for lessening pain, eliminating boredom, and dealing with the sadness that often accompanies a serious medical problem. "...more useful than a bouquet of flowers." —Healthy Living magazine

A SELF HELP GUIDE TO GET WELL FROM COVID-19

The SARS-CoV-2 coronavirus was discovered in Wuhan, China in 2019 and is believed to have spread from animals to humans in a food market. Vaccinations and other interventions are being used to reduce the risk of COVID-19 infection, and social isolation is essential for halting the transmission of the virus. Monoclonal antibody treatments have shown promising results in reducing hospitalizations and mortality rates. Innate immunity is distinct from acquired immunity, which is developed through vaccinations or sickness. Immunocompromised individuals are at higher risk for COVID-19 and may have a limited response to vaccination.

Get Well Soon, the 8 Habits of Healthy People

Your health can't be found in a pill, a doctor's office or a drug store. There are no magic potions that create health and there are no silver bullets that destroy it. The truth is, your habits determine your health. As a result, focusing on adopting healthier habits has a far greater impact on health than anything else that you can do. Get Well Soon, The 8 Habits of Healthy People details the habits that determine your health and provides a simple system for making them a routine part of your life.

Getting Well, Staying Well

To help patients negotiate the baffling world of choices, options, and jargon, Dr. Gitnick has put together an invaluable manual filled with the insights and tips he has acquired over a lifetime in medicine to produce the ultimate insider's guide to medical care.

The Art of Getting Well

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.

Birthday Wishes, Sympathy Sentiments, Get Well Messages, Congratulations, Mother's and Father's Day Greetings

Do you freeze up every time a greeting card gets passed around the office? Everybody else seems to know exactly what to write, but your mind goes blank. What do you do? Consult this book! It contains more than 600 sentiments you can write in greeting cards for friends, family members or co-workers. You'll find everything from brief sentiments to personal expressions from the heart, from thoughtful to silly to casual. No matter what kind of card crosses your path, you'll be able to handle it no sweat. Kick your fear of "Blank Inside" cards to the curb. Or put your artistic skills to use and make your own! No need to worry about what you'll write inside. You can add thoughtful sentiments to any card with "What Should I Write? Birthday Wishes, Sympathy Sentiments, Get Well Messages, Congratulations, Mother's and Father's Day Greetings."

Get Well Soon

Anna Bloom is depressed -- so depressed that her parents have committed her to a mental hospital with a bunch of other messed-up teens. Here she meets a roommate with a secret (and a plastic baby), a doctor who focuses way too much on her weight, and a cute, shy boy who just might like her. But wait! Being trapped in a loony bin isn't supposed to be about making friends, losing weight, and having a crush, is it? Get Well Soon, Julie Halpern's fiction debut, finds humor in the unlikeliest of places, and presents a character whose voice -- and heart -- will resonate with all of us who have ever felt just a little bit crazy.

What Should I Write? 101 Get Well Wishes for Greeting Cards

Do you freeze up every time a greeting card gets passed around the office? Everybody else seems to know exactly what to write. Why does your mind go blank? What do you do? Consult this book! It contains 101 unique sentiments you can write in get well cards for friends, family members, or co-workers. You'll find everything from tender reassurances and heartfelt well-wishes to cheerful rhymes, as well as realistic expressions of hope, care and concern. If someone in your life is injured, under the weather or battling illness and you just can't seem to find the right words, then it's time to grab a copy of this ebook! Kick your fear of "Blank Inside" cards to the curb. Or put your artistic skills to use and make your own! No need to worry about what you'll write inside. You can conquer any get well card with "What Should I Write? 101 Get Well Wishes for Greeting Cards."

Getting Well

Some of the contents: What is Health?; Rationale of Disease; Compensation in Disease; Law Governs Disease; Physiology vs. Voodooism; the Story of Useless Organs; the Fun of Being Sick; How to Get Well; Why Drugs?; Curing Arthritis; Endocarditis;.

You're Getting Better Every Day

June 12, 1998: a day she will never remember: When 15 year-old Sarah Jackson climbed into a car with an underage drinking driver, she didnt know that choices can impact dreams . The driver lost control and crashed. Sarah sustained a severe traumatic brain injury. She was in a coma for 3 weeks and underwent four months of rehabilitation therapy. With a journal describing her difficulties, essay reactions from friends, moms journal detailing her fears and hopes, and dads monthly newsletters updating friends of her recovery, Sarah is able to show how determination makes it possible to overcome lifes uncertainties. Today, Sarah has become a leader in our nations efforts to promote traffic safety speaking to student

and adult audiences across the country. One Life, One Captain is the name of her presentation as she promotes personal responsibility, healthy choices and that wearing a safety belt can save your life too.

Get Well, Stay Well

'A hopeful, essential read' Dr Rangan Chatterjee 'A true game changer of a book.' Dr Rupy Aujla 'For anyone wanting to live longer and improve their health today.' Dan Buettner Determined to help her patients, Dr Gemma Newman has studied nutrition, psychotherapy and a wide range of holistic approaches alongside her medical practice. This book brings together everything she has learned, in twenty years of clinical experience: Six essential health prescriptions distilled into simple and free, daily habits. She has seen radical transformations in her patients, family, and her own health from her open-minded approach to medicine – from chronic headaches to debilitating anxiety. Give yourself the best chance of a healthy, happy life – whatever life throws at you. This is accessible, uplifting, evidence-based advice you can trust. Includes: Practical exercises exploring your mind-body-emotional health connection Expert help to get to the root cause of your health concerns A toolkit of solutions backed by global research A bespoke health plan for you – no one-size-fits all approach Food as medicine, with simple plant-based recipes Open your mind to look after your body.

EAT WELL, GET WELL

Here's the fact: Out of the top 50 causes of death in the Philippines, 40 are food-related. Diet-induced diseases cause coronary heart disease, stroke, hypertension and diabetes.

Get Well and Stay Well

This fun and adorable ABC book will cheer up any kid! Perfect for snuggling up to read to toddlers or for older kids to read by themselves. Boys and Girls will love the colorful pictures of A to Z animals who are all having some problem. From Alligators with casts to a Zebra with her stripes falling off, kids will love the rhyming fun! Order today for a dose of lighthearted fun!

Get Well Soon! ABC Book for Kids

Umm liked the cover page, dont you? Now read below and decide if you buy the book. Have you ever met a guy whose hobby is to dig up troubles where on earth he goes? He tried suicide, but could not die; proposed a girl, but no luck; created revolutionary software, but deceived by his boss; won a lottery, but got cheated again!!! Meet Fatso, a chubby and gruesome geek, whose half the time spends in eating and the other in wrestling the troubles of life. Will his life become better, or he will give up the ghost saying Dear life, get well soon? His wild and witty anecdotes will strike a chord in your heart and remind you when you were at high school; when a guy discovers the power of hair gel and deodorant, and a girl enters a beauty parlor for the first time. It will then take you to college-life; the preeminent instance of human existence. Subsequent the corporate life, where laughing at your bosss lame jokes will be the solitary purpose of life. You may find this book in the rack of fiction, but the lessons it deals are not factitious at all. A pure-veg, hilarious book which you can read with your family members around.

Getting Well

On October 7th, 2007, his senior year of high school, Will Carter leaves work and heads home to get sleep before re-taking the SAT the following morning. Three weeks later, he wakes up in a hospital bed, a trach in my throat, covered in IV' s and scars, confused, and with a terrible pain in his head. He learns that he has suffered a brain injury and stroke and that he is waking up from a medically induced coma. Will takes what scraps and bits he has of his memory to reclaim his story, as he takes the reader on a harrowing 7-month journey from his car accident and coma to his recovery and return to high school. Will fights the internal battle of wanting to be the person he was before and accepting who he is now. He must fight to graduate high school, re-learn how to walk, and re-discover how to live his life again. He must strive to figure out what getting better really looks like. Will must come to terms with God and fight to hold onto his faith. He must finally come to see getting better as not something physical but something emotional, personal, and spiritual.

Reports of the Committee of the Whole Board of Aldermen on the Care and Management of the Public Institutions

What is it that really gets people better? With practical information on how to support clients' healing processes, this book helps practitioners across a wide range of physical and medical therapies, as well as psychotherapists, to improve their practice and get better at what they do. Getting to the core of true healing, Noah Karrasch explores the essentials of effective practice that apply across all healing modalities and expands on a four step formula based on these essentials: caring about patrons, providing a safe setting, communicating with clients, and encouraging their participation in their own healing. The book also discusses the practitioner's self-understanding and self-healing work as a vital part of becoming a better provider of health and healing, and Karrasch presents a model of communication focused on recognising which of four centers (head, heart, gut, or groin) both practitioners and their clients operate from to strength ties between healing partners. Revealing the fundamentals of effective practice drawn from a wide range of therapies, this book provides practical advice, as well as points of reflection, for all those seeking to deepen their therapeutic practice.

Fennings's Everybody's Doctor; Or, when Ill, how to Get Well

Contrary to popular belief, economic growth is not the antithesis of environmental quality; rather, the two go hand in hand if the incentives are right. The author shows how, by developing and protecting the institutions of freedom rather than regulating human use of natural resources through political processes, we can have our environmental cake and eat it too.

Dear Life, Get Well Soon...

This book provides a full guide to creating and running an intensive treatment program for youth with Obsessive Compulsive Disorder (OCD). It offers readers a guidebook on how to administer evidence-based treatments for OCD, including cognitive behavior therapy (CBT), exposure and response prevention (ERP), medication management, parent guidance, and family work, in an intensive format to target moderate to severe OCD over a brief period of time. There is a rapidly growing interest in brief intensive treatment modalities in both clinical and research settings. Intensive treatment for OCD condenses evidence-based interventions into more patient contact hours per week than standard weekly therapy, and is widely supported as an efficient, effective, and desirable treatment option. Intensive treatment can be widely applicable to different patient groups, including those with more severe symptoms for whom weekly therapy is not sufficient, and those who have mild or moderate symptoms but do not have access to evidence-based treatments in their geographic region. Despite broad interest in developing concentrated treatment programs for OCD, practitioners face several challenges when trying to launch and maintain these programs. This book will provide a comprehensive guide covering the topics of import for clinicians, researchers and administrators, across different types of institutions and care settings, who want to build an intensive treatment program into their clinical practice across different types of institutions and care settings.

Getting Better

The publication four years ago of *Getting Better Bit(e) by Bit(e)*, written by two eating disorder specialists at London's world-famous Maudsley Hospital, was a milestone in the treatment of bulimia. For the first time a self-help book was shown, by rigorous clinical trials, to cure a significant fraction of women suffering from bulimia, and to reduce the therapist contact time needed by others. *Getting Better Bit(e) by Bit(e)* offered an efficient way of treating bulimic patients, which would be valued by any resource-conscious health service. The authors of *Getting Better Bit(e) by Bit(e)* have now written this Clinician's Guide, to help health care professionals maximize the benefit that patients obtain from the self-help book. Based on the authors' wide-ranging experience of treating eating disorder patients, it provides a step-by-step account of how the chapters in *Getting Better Bit(e) by Bit(e)* can be used to ameliorate various aspects of bulimics' difficulties, with examples drawn from real patients' case histories. Particular emphasis is given to the problem of motivating patients who are reluctant to change their behaviour, using Miller and Rollnick's motivational interviewing approach. The Clinician's Guide to *Getting Better Bit(e) by Bit(e)* will be invaluable for all those treating sufferers of bulimia.

Getting Better at Getting People Better

Describes what a young dinosaur should do in order to quickly get over being sick.

You Have to Admit It's Getting Better

In this extraordinary book, Adelle Davis, the nation's most highly regarded nutritionist, advises the millions who suffer from illness how to select the best foods that contain the most needed nutrients for repairing and rebuilding a sick body. Whether your trouble is arthritis, anemia, diabetes, heart attacks, infections, kidney or liver ailments, allergies, sexual problems, or almost any known disease, Miss Davis outlines a nutritional program to aid recuperation. She includes all the practical aspects of planning diets, her renowned anti stress formula, and invaluable tables of food composition. The tragedy of illness is that it prevents the full expression of outgoing, healthy emotions and creative ability. Here is a treasury of advanced nutritional information written in clear, layman's terms and backed by medical references. It will guide you to renewed health--get you well and keep you well. "The vast majority of sick persons, if given a ray of hope, will make every effort to recover. A nutritionist discusses the values of certain food and vitamins in curing disease and maintaining good health .

Getting Better Faster

In her witty, southern-fried suspense novels, Sarah Shankman delivers nonstop action with a hilarious bite. Now she sends her acclaimed, irreverent heroine -- New Orleans writer Samantha Adams -- to a southwestern New Age hot spot, to unearth a secret past that was supposed to be six feet under. My dearest Sugar. I must see you. It's urgent. I need your help. The letter that arrived from Sam's mother was postmarked Santa Fe, penned in her mother's handwriting, and disclosed details only Johanna Adams could know. There was just one catch: Johanna Adams had been dead for thirty-four years. The mind-blowing missive could have been an entry from Sam's latest book of bizarre anecdotes, *American Weird* -- or an elaborate hoax. Either way, it instantly rekindled Sam's impossible wish that her mother hadn't really died in a plane crash when Sam was a child. Fueled by her journalistic instincts -- and a daughter's need for closure -- Sam touches down among Santa Fe's tourists and crystal gazers, jewelry shops and fast-food stands. But only when she summons the courage to knock on the door of Room 409 at the La Fonda Hotel does her surreal, mother-seeking adventure take off with no turning back.

Clinician's Guide to Getting Better Bit(e) by Bit(e)

If laughter is the best medicine, *The Get Well Book* by John McPherson is just what the doctor ordered. Filled with inside laughs about the cures, the pills, and the little indignities that doctors deliver, it will help heal the sick and make the weak whole again. In this sly, slight volume, patients will find a get-well present and greeting card all in one. McPherson's syndicated cartoon *Close to Home* captures the absurd and ludicrous details of everyday life, then puts a comic twist on them. Filled with seventy-five black-and-white *Close to Home* cartoons, *The Get Well Book* is the ideal pick-me-up for anyone laid up in the hospital, facing a medical procedure, or just down with the flu.

How Do Dinosaurs Get Well Soon?

Falling into the nursing profession, Kristy Chambers spent almost a decade working with a wide range of people, ranging from drug addicts to cancer patients. Dark, humorous, honest, and compassionate, this memoir illustrates the incredible work nurses do and the many challenges they face. A tribute to the wonderfully brave people Chambers met during her career, this book portrays both joyous and difficult experiences.

20 Tips to Befriending Your Server and Getting Better Service

Have you ever wanted the secret is to getting and staying healthy? Do you want to be energetic and free from disease so you can get on with living your life the way that you want? At long last there is a book that provides refreshing, up-to-date and easy-to-understand health advice that you can implement straight away. In *Get Well, Stay Well*, naturopath Katherine Maslen shares her secrets to getting well and staying well. You'll learn how to get back in touch with your body so you can reclaim your health and get back to living. It's not just about drinking green smoothies and cutting out sugar - it's about learning how to nurture your body with what it needs so you can live your life fully. Katherine has used these tried-and-tested methods to help over 2,000 patients get well, and now it's your turn. Filled with great health advice, tips and tricks and 20 bonus recipes, if you are serious about getting healthy, then this book is for you!

Let's Get Well

Easy to read and illustrated with many real-life examples, this book addresses the specific problems faced on a daily basis by bulimia sufferers. The only self-help programme that has been evaluated in a randomised controlled trial, it provides detailed step-by-step advice for dealing with this condition. Unlike other less problem-oriented books currently available on the subject, this book concentrates on the key behaviour changes necessary for the sufferer to achieve a happier and more fulfilled life. Theory is closely interwoven with practice and the book draws together real problems and solutions experienced by hundreds of sufferers.

I Still Miss My Man But My Aim Is Getting Better

Many people go through life feeling vaguely unwell, fatigued or with illnesses that seem to have no identifiable cause, and which conventional medicine cannot cure. Mystery illnesses such as Irritable Bowel Syndrome, Candida and food intolerances plague tens of thousands but can be cured by a simple change in diet. The Hay Diet, or food combining, is one of the most popular diets in the world and as an essential part of a healthier lifestyle can help anyone to eat their way to good health and vitality. A simple change of diet can have a dramatic impact on your all-round health and switching to the Hay Diet can cleanse and heal your body. The aim of the Hay Diet, uniquely among popular diets, is not an exclusive aim of weight loss but seeks to achieve optimum good health (and weight loss is only a part of that). The Hay Diet is often perceived as complicated, with its range of rules about which foods can be eaten together but Jackie Habgood outlines how we can easily incorporate the Hay Diet into our daily lives. This is a practical, accessible guide to using the Hay Diet to find natural health, allowing your body to heal itself and reaping the psychological benefits of feeling good. Writing from her own experience, Jackie Habgood shows how the Hay diet can help people who feel constantly fatigued or vaguely unwell and do not understand why. Following the clear, practical format used in *The Hay Diet Made Easy*, she outlines problems that often go unrecognised and are notoriously difficult to treat by orthodox methods but which respond very well to the cleansing and healing effect of the Hay diet - hypoglycaemia, candida, allergy, M.E. With details of symptoms, advice on diet and nutrition the book shows how full health can be restored in a short time. It also provides plentiful resources and details of further reading. This book's sensible, easy-to-follow approach could make it a standard work.

The Get Well Book

Join America's Health Revolution-Take Back Your Wellness! The information in my book can help you achieve maximum health, lose weight, get stronger, manage stress, and have a more youthful appearance. It could seriously even save your life! It saved mine, without a doubt. You will learn the most up-to-date health guidelines to be found anywhere in the world, all from a concise, easy-to-read handbook. The cancer I had was so rare, so aggressive, it killed the other men who'd had it before me within months, sometimes weeks. I should be dead, but I'm now healthier than ever and want to share what I've learned. My knowledge is not meant as a substitute for traditional medical care, but rather a compliment. I'm not the only person on the planet using this system. Tens of thousands are learning it daily. There is a Health Revolution going on, and this is your chance to get in on it. The methods I share are so simple, there's no reason to wait another day to start living a healthy life style. Anyone can do it, and it doesn't cost anything more than you're already spending. You can read the entire book in about an hour, then keep it around as a handy reference. The techniques I share for getting and staying healthy will fit seamlessly into your daily routine. And with the increased energy you gain, you'll have even more time to do the things you love. "CONQUER THYSELF is an inspiring story of beating terminal cancer and a practical guide to staying healthy, complete with nutrition and exercise tips. Researchers have proven that food choices can help prevent cancer and, when cancer has been diagnosed, nutrition can improve survival. This book will show you just how easy it is to live a healthful life." Neal D. Barnard, MD President, Physicians Committee for Responsible Medicine Adjunct Associate Professor of Medicine, George Washington University Have you or a loved one been diagnosed with a life-threatening disease? Ever wonder why sickness seems so rampant in today's modern world? We should be getting healthier, not sicker! I thought I was leading a healthy lifestyle. Then I contracted one of the deadliest cancers known to man. How did I get it? I have no idea. I underwent some pretty harsh medical treatment. We wiped the cancer out of my body. But I developed heart problems as a result of prescription pain medications. I was able to reverse my heart disease without surgery, stents, or additional medications. I became determined to learn and do everything possible to make sure the cancer never return. I'm now stronger than ever. Because of my job as webmaster of America's oldest health food company, I was in a unique position to review "insider" medical and nutritional findings, as well as buried reports on corruption in big chemical companies,

giant food corporations, and our own government-information that saved my life when others who had my type of cancer were dead within weeks of being diagnosed. That's what I want to share with you in my book, CONQUER THYSELF. You'll learn what foods are healthiest and why, what foods to avoid, simple exercise routines-and most importantly, stress management techniques. Knowing we all lead busy lives with little time for reading, I condensed this knowledge into a short, easy-to-read handbook. This book contains the system I used to regain and maintain my health. If it worked for me, it can work for you. Don't waste another day of your precious life. For yourself, for the sake of your family and loved ones, Get Healthy and Stay Healthy Now! YOU CAN GET WELL!

Get Well Soon!

A witty, irreverent tour of history's worst plagues—from the Antonine Plague, to leprosy, to polio—and a celebration of the heroes who fought them In 1518, in a small town in Alsace, Frau Troffea began dancing and didn't stop. She danced until she was carried away six days later, and soon thirty-four more villagers joined her. Then more. In a month more than 400 people had been stricken by the mysterious dancing plague. In late-seventeenth-century England an eccentric gentleman founded the No Nose Club in his gracious townhome—a social club for those who had lost their noses, and other body parts, to the plague of syphilis for which there was then no cure. And in turn-of-the-century New York, an Irish cook caused two lethal outbreaks of typhoid fever, a case that transformed her into the notorious Typhoid Mary. Throughout time, humans have been terrified and fascinated by the diseases history and circumstance have dropped on them. Some of their responses to those outbreaks are almost too strange to believe in hindsight. Get Well Soon delivers the gruesome, morbid details of some of the worst plagues we've suffered as a species, as well as stories of the heroic figures who selflessly fought to ease the suffering of their fellow man. With her signature mix of in-depth research and storytelling, and not a little dark humor, Jennifer Wright explores history's most gripping and deadly outbreaks, and ultimately looks at the surprising ways they've shaped history and humanity for almost as long as anyone can remember.

Get Well, Stay Well

Getting Well