



# Slow Medicine: Hope and Healing for Chronic Illness

*Michael Finkelstein*

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## **Slow Medicine: Hope and Healing for Chronic Illness** Michael Finkelstein

What would you do with your life if your health were completely restored?

*Slow Medicine* will gently guide you off the treadmill of quick fixes and onto the path of lasting wellness.

Are you as healthy as you could be, as healthy as you would like to be? Do you wake up feeling rested? Do you feel physically attractive? Do you give yourself more supportive messages than critical ones? Is the home you live in harmonious? Is your job fulfilling? Are you able to let go of your attachment to specific outcomes and embrace uncertainty? Are you free from disease?

How nice would it feel to be that healthy, to achieve extraordinary health! Integrative medicine pioneer Dr. Michael Finkelstein has helped tens of thousands of patients get there with his *Slow Medicine* prescription of skillful living. In this refreshing new book, he asks the questions and helps you develop the skills you need, so as to manage your own recovery from the vast array of ailments and illnesses that often go unresolved in the modern American health care system. He then illuminates a path that will help you put these health challenges into an entirely new context, seeing beyond the symptoms and reaching a state of health that might otherwise seem impossible—a functional state of well-being that lab reports can't begin to measure.

Drawing on decades of medical experience and patient consultations, as well as a good dose of common sense and practical wisdom, Dr. Finkelstein guides you through the essential questions for understanding various symptoms, their causes, and a path you may never have thought would lead you to solutions. Each chapter in this boundary-shattering book includes the key components of a successful consultation—from revealing lessons to practical prescriptions—along with illustrative anecdotes from real patients.

In this warm, reassuring, enlightening book, Dr. Finkelstein takes you beyond conventional medicine to examine the intricate network of factors that lie behind many common illnesses—and empowers you to take your health back. It's time to walk down the Slow Medicine path, one where the answers are in the questions.

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Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite book and reading a reserve. Beside you can solve your condition; you can add your knowledge by the publication entitled Slow Medicine: Hope and Healing for Chronic Illness. Try to face the book Slow Medicine: Hope and Healing for Chronic Illness as your friend. It means that it can be your friend when you sense alone and beside associated with course make you smarter than ever before. Yeah, it is very fortunate for yourself. The book makes you more confidence because you can know everything by the book. So , let me make new experience as well as knowledge with this book.

#### **Gena Colgan:**

Do you one of people who can't read pleasant if the sentence chained within the straightway, hold on guys that aren't like that. This Slow Medicine: Hope and Healing for Chronic Illness book is readable by means of you who hate those straight word style. You will find the info here are arrange for enjoyable reading through experience without leaving also decrease the knowledge that want to provide to you. The writer regarding Slow Medicine: Hope and Healing for Chronic Illness content conveys objective easily to understand by lots of people. The printed and e-book are not different in the information but it just different available as it. So , do you nonetheless thinking Slow Medicine: Hope and Healing for Chronic Illness is not loveable to be your top list reading book?

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Spent a free time and energy to be fun activity to complete! A lot of people spent their sparetime with their family, or all their friends. Usually they undertaking activity like watching television, gonna beach, or picnic from the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Might be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the publication untitled Slow Medicine: Hope and Healing for Chronic Illness can be good book to read. May be it might be best activity to you.

#### **Charles Morris:**

Is it an individual who having spare time after that spend it whole day simply by watching television programs or just lying on the bed? Do you need something new? This Slow Medicine: Hope and Healing for Chronic Illness can be the reply, oh how comes? A fresh book you know. You are and so out of date, spending your spare time by reading in this completely new era is common not a nerd activity. So what these ebooks have than the others?

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