



# Anatomy of an Illness: As Perceived by the Patient (Twentieth Anniversary Edition)

By Norman Cousins

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**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.

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*By Norman Cousins*

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### **Editorial Review**

#### **Review**

“Amazing and heartening.” (Chicago Sun-Times)

“An entertaining and instructive example of an inspired participation of a patient in his own treatment.” (Washington Post)

#### **About the Author**

Norman Cousins was a longtime editor of the Saturday Review and the author of eleven books on health and healing, among other works.

### **Users Review**

#### **From reader reviews:**

##### **Frank Huynh:**

Reading a reserve tends to be new life style in this particular era globalization. With examining you can get a lot of information that can give you benefit in your life. Together with book everyone in this world can certainly share their idea. Guides can also inspire a lot of people. A lot of author can inspire their reader with their story or maybe their experience. Not only situation that share in the textbooks. But also they write about the data about something that you need case in point. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors on this planet always try to improve their skill in writing, they also doing some analysis before they write with their book. One of them is this Anatomy of an Illness: As Perceived by the Patient (Twentieth Anniversary Edition).

##### **Ron Lauer:**

Spent a free time for you to be fun activity to complete! A lot of people spent their free time with their family, or their own friends. Usually they performing activity like watching television, gonna beach, or picnic inside the park. They actually doing same every week. Do you feel it? Will you something different to fill your personal free time/ holiday? May be reading a book is usually option to fill your free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the publication untitled Anatomy of an Illness: As Perceived by the Patient (Twentieth Anniversary Edition) can be fine book to read. May be it can be best activity to you.

##### **Keith Dunn:**

This Anatomy of an Illness: As Perceived by the Patient (Twentieth Anniversary Edition) is great book for you because the content that is certainly full of information for you who have always deal with world and get to make decision every minute. This kind of book reveal it info accurately using great arrange word or we can declare no rambling sentences included. So if you are read the idea hurriedly you can have whole facts in

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