

# Anatomy of an Illness: As Perceived by the Patient - Reflections on Healing and Regeneration

*Norman Cousins*

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#237261 in Books 1981PDF # 1 #File Name: 0553014919175 pages | File size: 48.Mb

**Norman Cousins : Anatomy of an Illness: As Perceived by the Patient - Reflections on Healing and Regeneration** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Anatomy of an Illness: As Perceived by the Patient - Reflections on Healing and Regeneration:

8 of 8 people found the following review helpful. Treating Disease or Treating Human Beings?By Karen Wingooff just finished reading \*Anatomy of an Illness: As Perceived by the Patient\* by Norman Cousins. It's a book that I've long suggested OTHER people read because I'd heard it was amazing - but I'd never actually read it myself until now. Now that I've read it I am glad to see that I was right in recommending it to others.In the beginning of the book, Cousins tells us about the illness from which he was told by medical specialists he wouldn't be able to recover. He briefly describes how he declined to accept this medical verdict for himself, and with the support of his personal physician, set about putting into action a plan of treatment for himself which included plying himself with high doses of ascorbic acid (vitamin C) and humor (Candid Camera episodes, and Marx Brothers movies).Cousins was able to recover from his illness and later wrote a story about his treatment and recovery for the New England Journal of Medicine.The remainder of the book shares communication from doctors and medical research that supports Cousins's belief that medical care is both a science and an art - and that positive human emotions play a big part in recovery from an illness. Cousins talks about the importance of a healthy doctor-patient partnership when treating disease, the part creativity and a "robust will to live" plays in longevity, and the power found in placebos. Cousins writes: "It is doubtful whether the placebo - or any drug, for that matter - would get very far without a patient's robust will to live..."

The placebo is only a tangible object made essential in an age that feels uncomfortable with intangibles... The placebo, then, is an emissary between the will to live and the body. But the emissary is expendable." Cousins talks about the need so many seem to have to see their doctor DOing something, and giving them something tangible to help them. But Cousins suggests there may come a time when these "tangibles" are no longer needed. As a Christian Scientist who's learned to turn immediately to the power of Love and Truth for healing, this thought really resonated with me. Near the end of the book, Cousins asks the question: "Is there a conflict at times between the treatment of disease and the treatment of human beings?" What a great question! If a doctor treats his patient as just a lump of flesh to be prodded, injected, weighed, measured, and tested then, I think, a really important part of the healing process is missing. The best doctors, to my way of thinking, are the ones who are able to listen to their patients, reassure them, provide confidence in their healing, and value them as partners in the process. In my life I have encountered several practitioners with these fine qualities. After reading Cousins's book, and the letters he included from doctors around the country, I am encouraged to believe that there is a growing number of medical physicians ready and willing to treat human beings, rather than just disease. Karen Molenaar Terrell, author of \*Blessings: Adventures of a Madcap Christian Scientist\* 3 of 3 people found the following review helpful. Informative and open minded By Kindle Customer I found this book not only supportive of alternative treatment options but also supportive of more traditional western medicine. While the author didn't necessarily think that western medicine had all the answers he didn't seem to think it all should be cast aside either. I found the blend to make the book even more credible. 8 of 8 people found the following review helpful. Taking Responsibility For Your Health By joyce garofolo This was a fantastic book. The one theme that resonated with me was that of taking responsibility for your own health. Listen to the medical advice, but make descisions based on your inner guidance. When the author shared how he removed himself from the hospital to a hotel since the hospital enviornment was not condusive to healing, I wanted to cheer him on. Looks like it worked since he was healed. This is worth reading. There is much guidance and wisdom within the pages.

This special gift edition recounts the story of Norman Cousin's partnership with his doctors in overcoming a crippling and supposedly irreversible disease. Intended to be of interest to anyone contending with a serious disease, it provides insights into the fight against disease and disability.