



How to Save Your Own Life: The Eight Steps Only You Can Take to Manage and Control Your Health Care

Marie Savard, Sondra Forsyth

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Recent advances in medical technology mean that there are currently an extraordinary array of health care choices available to the public. In this import book, Dr. Savard, a doctor turned patient advocate, equips readers with the techniques for navigating the often confusing world of healthcare, enabling them to take control of their own health.

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