Take Care Of Yourself: The Complete Illustrated Guide To Medical Self-care, Sixth Edition

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And although the below illustrated guide is by no means a one-size-fits-all guide to self-care, it's a damn good place to start. It's a series of reminders that all seem simple but are in fact exceptionally difficult to remember and to practice consistently. Save this, pin it, print it, and share it with your friends. But above all, let it inspire and remind you to care for yourself just a little bit better each day. Because as L'Oréal would say: you're worth it. by Joey Yu.
Continuing to break new ground after forty years in print, Take Care of Yourself is the go-to guide for at home self-care. Simple to use, even in a crisis. This comprehensive guide covers emergencies, over 175 healthcare concerns, the twenty things you should keep in a home pharmacy, and how to work best with your doctor. This new edition explains the latest research on how to postpone aging and what you can do to prevent chronic illness and stay in your best shape as you age. With new information on the Zika virus, prescription pain relievers, and other pertinent updates throughout, Take Care of Yourself remains your path to the most comprehensive and dependable self-care.

NOTE: This title is a Bargain book. That's where Take Care of Yourself comes in. Here's how it works. When you have a new medical problem, first read the emergency signs in the "Emergencies" chapter to see if you need to get medical attention pronto. If not (and most medical situations are not emergencies), look up your main complaint or symptom.

Even though the cover claims that the book is 'The Complete Illustrated Guide to Medical Self-Care', there are better books that you can purchase for a few dollars more that meet the claim. It is very easy to read and not intimidating at all like the other medical self-care books. That is probably why this book is so popular. I was given this copy free by my HMO a long time back and I have found it valuable enough to keep it for all these years. It's really hard to start practicing self-care when you don't care about yourself. It's a terrible thing because I know that mindfulness and self-care are exactly what I should be practicing to help get out of a depression and to get my life back on track. I need to start counting my blessings, literally. I need to write down the things in my life that I am grateful for and appreciate them more.

So now I've come full circle to this chicken and egg question: do I have to care about myself more to begin practicing good self-care, or do I need to do better caring for myself to feel better? Maybe it’s a little bit of both. What do you think?