



Anatomy of an Illness as Perceived by the Patient: Reflections on Healing and Regeneration

Norman Cousins, Rene Dubos

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The premise of Norman Cousins's enormously influential work is that the human mind is capable of promoting the body's capacity for combating illness and healing itself even when faced with a seemingly hopeless medical predicament. The author recounts his personal experiences while working in close collaboration with his doctor to overcome a crippling and supposedly irreversible disease, and illustrates the life-saving and ultimately life-prolonging benefits to be gained by taking responsibility for one's own well-being. Cousins's story is inspirational reading for anyone contending with a serious illness.

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