

You Bet Your Life!

The 10 Mistakes Every Patient Makes

Trisha Torrey
Every Patient's Advocate

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Trisha Torrey



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You Bet Your Life! Trisha Torrey, 2013-08 Part expose and part toolkit Explains why the healthcare system is so dysfunctional and how that hurts patients Find tactics to use to get the help you or a loved one needs **Crash Course in Library Services for Seniors** Ann Roberts, Stephanie G. Bauman, 2012-05-31 A comprehensive guide to creating dynamic successful and innovative library programs that cater to the specialized needs of older adults an important and growing user group Crash Course in Library Services for Seniors provides a refreshingly positive approach to working with older adults one that focuses on the positive effects of aging on patrons and the many opportunities that libraries can create for themselves by offering top notch services delivered with a concierge mindset The book offers page after page of great programming ideas specifically for reaching out to Baby Boomers and older customers a population that is predicted to double over the next 20 years Organized in only six chapters this easy to read book provides practical suggestions for making any library a welcoming place for older adults covering topics such as assessment planning programming services marketing and evaluation This title will be invaluable to public librarians interested in expanding and improving their current programming for older adults within their community and for those looking to create entirely new programming for seniors

The Empowered Patient Elizabeth S. Cohen, 2010-08-10 The facts are alarming Medical errors kill more people each year than AIDS breast cancer or car accidents A doctor's relationship with pharmaceutical companies may influence his choice of drugs for you The wrong key word on an insurance claim can deny you coverage Through real life stories including her own and shrewd advice CNN's Elizabeth Cohen shows you how to become your own advocate and navigate the minefield of today's health care system But there's good news Discover how to find a doctor who gets you and listens to you ask the right questions for the best treatment make the most out of a short office visit cut out of pocket costs for prescription drugs harness the power of the Internet for medical issues fight back when claims are denied Combining the personal stories of patients across America with crucial advice on receiving the best possible health care this guide will enable you to confront an often confusing and perilous system and come out ahead **Nonsense** Jamie Holmes, 2016-10-11 An illuminating look at the surprising upside of ambiguity and how properly harnessed it can inspire learning creativity even empathy Life today feels more overwhelming and chaotic than ever Whether it's a confounding work problem or a faltering relationship or an unclear medical diagnosis we face constant uncertainty And we're continually bombarded with information much of it contradictory Managing ambiguity in our jobs our relationships and daily lives is quickly becoming an essential skill Yet most of us don't know where to begin As Jamie Holmes shows in *Nonsense* being confused is unpleasant so we tend to shutter our minds as we grasp for meaning and stability especially in stressful circumstances We're hard wired to resolve contradictions quickly and extinguish anomalies This can be useful of course When a tiger is chasing you you can't be indecisive But as *Nonsense* reveals our need for closure has its own dangers It makes us stick to our first answer which is not always the best

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You Bet Your Life! Trisha Torrey,2010-02 Do you wish you could simply get the medical care you need when you need it effectively and efficiently You Bet Your Life The 10 Mistakes Every Patient Makes How to Fix Them to Get the Healthcare You Deserve helps you understand the answers to these challenges and more Trisha Torrey knows the dysfunction well She was diagnosed with an aggressive terminal cancer and told she had only a few months to live She made plenty of mistakes

herself at first But five years later she has recovered quite nicely parlaying her odyssey into advice for others Today she writes and speaks internationally on patient empowerment topics Now she has put her advice into this book to help you too Part expos and part toolkit You Bet Your Life explains why the system is so dysfunctional and how that hurts patients You ll read true stories shared by people like you who have suffered from substandard care Then you ll find tactics you can use to get the help you or a loved one needs

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