



# **The Art of Getting Well: A Five-Step Plan for Maximizing Health When You Have a Chronic Illness**

*RN David Spero*

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## **The Art of Getting Well: A Five-Step Plan for Maximizing Health When You Have a Chronic Illness**

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A majority of chronic illnesses have no medical cure. The best therapy, asserts the author, is self-care. This comprehensive guide suggests healthy behaviors and holistic approaches while acknowledging the barriers people face in applying them.



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