



## Ten Essential and Simple Steps to Managing Your Doctor: Empowering You, the Patient (Paperback)

By Danielle West-Stellick, Dr Danielle West-Stellick

Lariat Publishing, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Ten Essential and Simple Steps to Managing your Doctor: Empowering You, the Patient provides a wealth of information in easy to follow segments that will transition you from being the passive patient to the empowered patient, from waiting and being at the mercy of the medical system to the patient who takes responsibility for their healthcare and their life as they seek to form a partnership with their physician. The Ten Essential and Simple Steps to Managing Your Doctor: Empowering You, the Patient is written in an easy to follow workbook format, including pages you can scan or photocopy and use as is or adapt for your own use. For other situations discussed, such as reaching your physician when you have questions or even emergency situations and need to speak with him, sample scenarios are written out in script fashion, providing the framework for your own adaptation to your specific situations as needed. The key to patient empowerment is organization, maintaining your focus and being proactive. Take a journey with Dr. West-Stellick as she guides you step by step into a...



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