



# The Chronic Illness Owner's Manual: A Bedside Companion for Self-Guided Healing

*Dr. Beth Alderman MDMPH*

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Designed to serve as a bedside companion and reference in chronic illness, The Chronic Illness Owner's Manual also serves as a wisdom text for self-guided healing transformation. Based on the powerful new Sevenfold Healing System, it offers a comprehensive set of processes to power the search for relief, wellbeing, and recovery, including the ability to recognize, enter, and sustain healing states. These processes integrate the principles and practices of mainstream hippocratic medicine with those of modern science, medical anthropology, psychology, and ancient healing traditions. Part I of the book addresses adjustment to illness, Parts II-IV address healing of the sevenfold body, and Part V addresses integration. Each element of the book includes anecdotes, comments, quotes, references, working questions, and meditative practices drawn from the author's experience as a medical doctor, an academic specializing in public health and preventive medicine, and a patient in search of healing and cure. The anecdotes were inspired by experiences in the United States, Canada, Australia, Scandinavia, Europe, and Kenya. Cover Art by Canadian Coastal Salish artists Dylan Thomas and lessLIE serve as mandalas to support selected practices of healing self-transformation.

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