



## Don't Let Your HMO Kill You: How to Wake Up Your Doctor, Take Control of Your Health, and Make Managed Care Work for You

By Dr. Jason Theodosakis, David T. Feinberg

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More than 60% of Americans with medical insurance are enrolled in HMO's, but few are happy about it. Procedures are denied, doctors are rushed, patients are frustrated--it seems as if everyone has an HMO nightmare story to tell. Now two accomplished doctors, including the author of the *New York Times* bestseller *The Arthritis Cure*, offer readers an invaluable guide to understanding, dealing with, and getting the most out of their physicians and HMO's.

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### Editorial Review

#### Review

"A realistic guide for troubled times...."

-Kirkus Reviews

""Don't Let Your HMO Kill You is a patient's best 'body armor' for the health care wars."

-Dr. Ronald Hoffman, author of "Intelligent Medicine, host of "Health Talk

"A must-read for every doctor or patient associated with an HMO."

-Dharma Singh Khalsa, MD, author of "Brain Longevity and "The Pain Cure, president of the Alzheimer's Prevention Foundation

"This book belongs in every household in America. It shows how you can improve your health by being actively in charge with your doctor as your partner. If you have only one medical self help book--this is the one!."

-Herschella Horton, RN, House of Representatives (AZ)

"A remarkable book and potent survival tool for navigating the uncertain and potentially adversarial waters of American health care. Every family must have a copy of this book!."

-Gideon Bosker, author of "Laughter Is the Best Medicine

#### About the Author

**Jason Theodosakis** is a practicing MD and medical school professor with specialties in preventive medicine, public health, and exercise physiology. He is the author of the national bestseller *The Arthritis Cure* and *Maximizing the Arthritis Cure*. **David T. Feinberg** is an MD specializing in HMO management. He is the co-author of *Emotional Blackmail* and *When Your Lover Is a Liar*.

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The book Don't Let Your HMO Kill You: How to Wake Up Your Doctor, Take Control of Your Health, and Make Managed Care Work for You can give more knowledge and also the precise product information about everything you want. Exactly why must we leave the best thing like a book Don't Let Your HMO Kill You: How to Wake Up Your Doctor, Take Control of Your Health, and Make Managed Care Work for You? A number of you have a different opinion about e-book. But one aim this book can give many facts for us. It is absolutely correct. Right now, try to closer with the book. Knowledge or info that you take for that, you may give for each other; you can share all of these. Book Don't Let Your HMO Kill You: How to Wake Up Your Doctor, Take Control of Your Health, and Make Managed Care Work for You has simple shape but you know: it has great and massive function for you. You can seem the enormous world by start and read a book. So it is very wonderful.

##### Diana Ham:

A lot of people always spent their particular free time to vacation or go to the outside with them family

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**Gerald Allen:**

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