



Take Care Of Yourself: The Complete Illustrated Guide To Medical Self-care, Sixth Edition

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And although the below illustrated guide is by no means a one-size-fits-all guide to self-care , itâ€™s a damn good place to start. Itâ€™s a series of reminders that all seem simple but are in fact exceptionally difficult to remember and to practice consistently. Save this, pin it, print it, and share it with your friends. But above all, let it inspire and remind you to care for yourself just a little bit better each day. Because as Lâ€™OrÃ©al would sayâ€¦youâ€™re worth it. by Joey Yu.

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He earned his medical degree at Harvard University and learned about computer-assisted medical care while serving in the Army. He was the founder of several centers, including the Self-Care Institute, the Center for Health Education and Health Decisions International. He also had been a clinical professor in family medicine at the University of Colorado Health Sciences Center. He married Shelley Lawrence on June 21, 1965, and they later divorced.