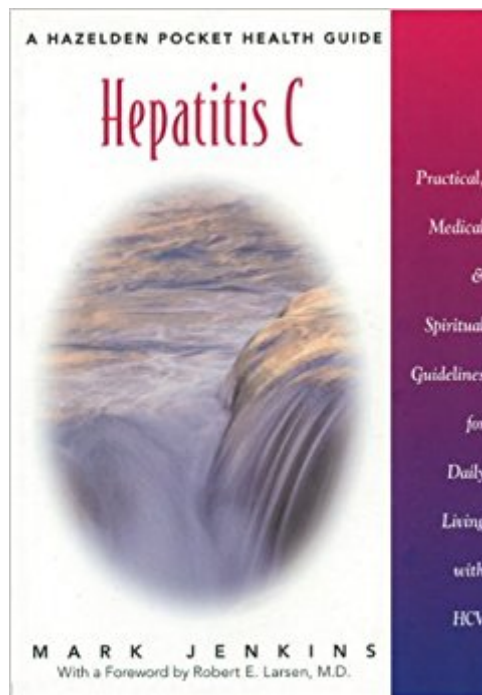




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Hepatitis C: A Hazelden Pocket Health Guide (Hazelden Pocket Health Guides)



Synopsis

Practical, Medical and Spiritual Guidelines for Daily Living with HCV. For those facing the daily challenge of living with the hepatitis C virus (HCV), this handy book offers a healthy dose of hope and practical advice. A day-to-day guide to managing the disease, Hepatitis C combines up-to-date medical information with a spiritual program, rooted in the Twelve Steps, for coping with the issues associated with HCV infection. In clear, non-technical language, Mark Jenkins discusses the causes, symptoms, and progress of HCV, as well as the latest medical guidelines for containing the disease. He describes complementary treatments and provides information on liver transplantation. With attention to the mind-body connection, Jenkins focuses on strategies for maintaining physical, mental, emotional, and spiritual health. His authoritative, practical, and compassionate guide points the way to a life with HCV that is not just livable but also deeply rewarding.

Book Information

Series: Hazelden Pocket Health Guides

Paperback: 176 pages

Publisher: Hazelden; 1st edition (February 16, 2000)

Language: English

ISBN-10: 1568383681

ISBN-13: 978-1568383682

Product Dimensions: 6.5 x 4.5 x 0.4 inches

Shipping Weight: 5.4 ounces

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #4,540,725 in Books (See Top 100 in Books) #100 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Hepatitis](#) #391 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs](#) #1307 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal](#)

Customer Reviews

Mark Jenkins is the coauthor of *The Sports Medicine Bible* and *Sportswise: An Essential Guide for Young Athletes, Parents, and Coaches*. He lives on the island of Martha's Vineyard off the coast of Cape Cod, Massachusetts.

This book provides a brief overview of hepatitis C, utilizing the spiritual principles of Alcoholics Anonymous for managing hepatitis C in one's daily life. I admire the author's approach, offering

readers practical, medical, and spiritual guidance for how to live with hepatitis C. The treatment information is outdated, but the message and tools are timeless.

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