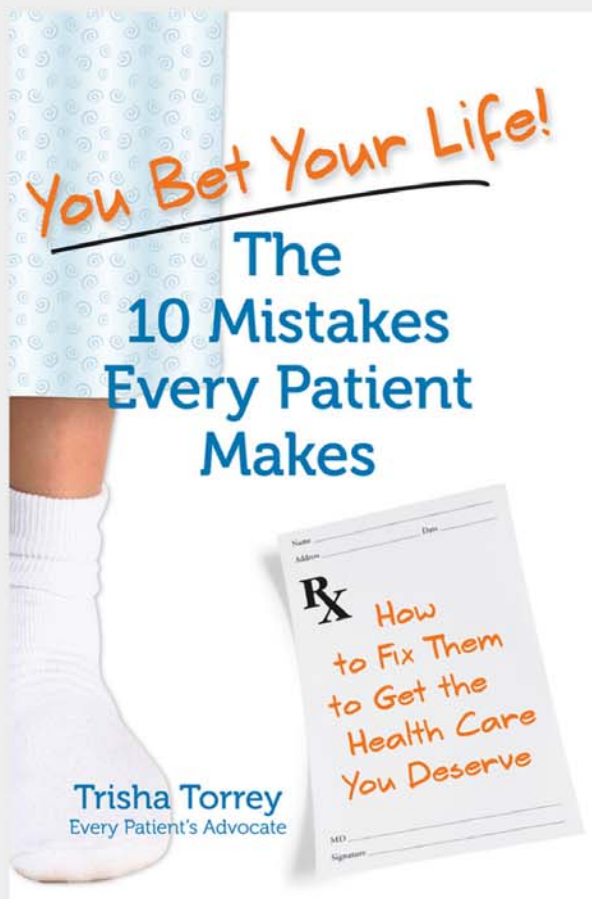


You Bet Your Life! The 10 Mistakes Every Patient Makes

How to Fix Them to Get the Health Care You Deserve



Great medical care is available for those who know how to pursue it effectively. *You Bet Your Life!* empowers patients with the tools and confidence they need to find their best medical outcomes.

Part exposé and part toolkit, *You Bet Your Life!* explains the dysfunction of the health care system – why doctor appointments are so short, why drugs are so expensive, why treatment may not work well – in effect, why patients continue to get sicker while insurers, pharmaceutical companies and other practitioners and industry professionals get richer. It then teaches patients and their caregivers how to use those dirty little secrets of the health care system to get the improved medical care they deserve.

Trisha Torrey knows the dysfunction well. She was diagnosed with an aggressive, terminal cancer and told she had only a few months to live. She made plenty of mistakes herself at first. But five years later she has “recovered” quite nicely, parlaying her odyssey into advice for others.

Today she writes and speaks internationally on patient empowerment topics. Trisha is a newspaper columnist, a radio talk show host, the expert in patient empowerment for About.com (owned by *The New York Times*) and has been quoted by *The Wall Street Journal*, *U.S. News and World Report*, CNN, NPR, PBS and many other media outlets.

Now she has put her knowledge and expertise into this manual for smart patients. *You Bet Your Life!* will empower patients to get the health and medical care they deserve.

For more information, please visit:
www.YouBetYourLifeBooks.com



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