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The PDR Family Guide to Prescription Drugs Prescription for Nutritional Healing The Rumi Prescription The Innovator's Prescription: A Disruptive Solution for Health Care Prescription Drugs for Half Price or Less The Mindbody Prescription The Prescription Drug Guide For Nurses Prescription for an Ailing World Medicating Modern America Powerful Medicines Prescription Drug Abuse The Putting Prescription Prescription Drug Abuse Health & Drugs The Green Smoothie Prescription A Happy You! Young adults using prescription drugs nonmedically Prescribed The Effect of State Medicaid Expansions on Prescription Drug Use Task Force on Prescription Drugs Prescription Alternatives Examining Prescription Drug Importation A Status Report Comparative Pricing of Prescription Drugs Sold in the United States and Canada and the Effects on U.S. Consumers Prescription Drug Diversion and Pain Medicare Part D for Physician Practices The Dentist's Drug and Prescription Guide Prescription Drugs Prescription for a Healthy Nation Prescription Drugs and the Elderly Prescription for Herbal Healing The Professional Pharmacy Synthetic Drug Control Strategy Prescription Drug Utilization Completely Translated U.S. to Mexico Prescription Drug Guide The Pleasure Prescription Prescription Drug Abuse Natural Alternatives (o T C) to Over-The-counter and Prescription Drugs Public Attitudes Toward Prescription Costs and the Drug Industry Primal Prescription

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This outstanding resource guide for students and young adults provides an introduction to the history of prescription drug abuse that explains how this problem has arisen and examines the social, political, economic, and health issues associated with prescription drug abuse in modern society. Evidence suggests that both adults and youth are abusing a wider range of prescription drugs and abusing them more frequently than has been the case in the past. Prescription drugs are the second most common class of drugs abused by Americans, more than twice as commonly abused as cocaine, and five times as commonly abused as heroin. This book provides readers with information about the specific health effects that can result from using certain types of medical chemicals, particularly opioid analgesics, stimulants, depressants, and hallucinogenics; explains the most important factors that have led to the growth of prescription drug problems; and reviews the current status of the issue in the United States and other nations. Readers will learn about the dangers associated with the use of prescription drugs for nonmedical purposes, the methods that have been put in place and are being developed to prevent the abuse of prescription drugs, and the trends in prescription drug misuse, with possible explanations for these trends. The book also reviews some of the steps being taken by governments and other organizations and agencies to combat the problem of prescription drug abuse. Explains the dangers associated with the use of prescription drugs for nonmedical purposes Provides a detailed introduction for readers seeking to learn about the topic of prescription drug abuse and serves as a research tool for school projects Includes thought-provoking perspective essays from individuals involved in the discussion of how to address prescription drug abuse Supplies primary source documents in the form of excerpts from laws, administrative rulings, and court cases regarding prescription drug abuse as well as a glossary of key terms used in discussing the topic of prescription drug abuse In 1924, an Australian minister observed that while the world may be getting better off, the world is not getting better. Almost one hundred years have passed and little has changed. No doubt people today are healthier and wealthier than ever before. But people do not seem to be any more virtuous. New technologies have changed the way people live, but violence, torture, terrorism, cruelty, deception, dishonesty, and disrespect continue to threaten how well people live. Wayne Allen argues that while humanity may be ailing, it is not beyond treatment and cure. By embracing ten essential principles rooted in the Bible and putting them into practice it is possible to make people better. Allen takes the reader through a tour of the sad state of moral health of humanity and suggests a remedy. With remarkable humor and sharp insight, Allen will bring readers to an appreciation of how the world can be

transformed. If you want to save up to 50, 70, even 90% on your prescription drug costs, this is the book you need. Stephen S. S. Hyde, founder of Hyde Rx Services Corporation, is the leading authority on low-cost prescription drug benefits, and now he's offering individual consumers the expertise he provides to America's employers and health plans. With the simple, cost-saving techniques outlined in this revolutionary book, you can save literally hundreds, even thousands of dollars on your family's prescription medications. You'll discover:

- The seven questions you should ask your doctor before he writes a prescription
- How your pharmacist can save you money
- How to get FREE prescription drugs
- How to save on generic, over-the-counter, and brand-name drugs
- How to get the lowest prices from retail, mail-order, online, and Canadian pharmacies
- How you may be eligible for discount cards and other assistance programs
- A Special Seniors Medicare Drug Benefit Report, and much more!

With an appendix of directories, pharmacies, and websites to get you started, this book will pay for itself with your very first prescription!

**BALCH/PRESCRIPTION FOR NUTRITIONAL** Translates all United States Prescription drugs into the names of these drugs sold in Mexico. The complete reference guide for buying Brand Name drugs in Mexico. This is a print on demand edition of a hard to find publication. Presents the Admin's strategy for responding to the illicit use and production of methamphetamine (meth), and the illicit use, or non-medical use, of controlled substance prescription drugs (CSPDA). This 2006 Strategy aims for a 15% reduction in meth use over 3 years; a 15% reduction in the abuse of CSPDA over 3 years; and a 25% reduction in domestic meth. labs. over 3 years. Contents: (1) Progress; (2) Meth Supply: A Concurrent Internat. and Domestic Focus; The Fed. Gov'ts. Internat. Meth Strategy; Treating Meth Users; Prevention; (3) CSPDA; Doctor Shopping and Prescription Fraud; Illegal Online Pharmacies; (4) Following the Aftermath of Meth Production; The First 24 Hours: Securing Lab. Sites; Remediation; Helping Child Victims of Meth. Organised by drug type and presented in an easy-to-use reference format, this book outlines the implications for practice of 20 drug groups. Looks at the basic principles of herbal medicine and outlines the properties of herbs and herbal combination formulas for various kinds of ailments and alternative treatments. Prescription Drug Diversion and Pain provides an interdisciplinary overview of medications used to treat chronic pain, specifically the benefits and risks that are posed by long-term opioids use. These essential pain-relieving medications must be carefully managed to prevent serious side effects that may include physical dependence, addiction, and even death, which has led in recent years to increased attention on the development of alternative treatments for chronic pain. This book not only offers a single, comprehensive source for understanding the specialized field of the opioid crisis, but also addresses provocative topics including how pain drugs came to be regulated by the U.S. Government and the rarely-discussed aggressive marketing behind the spread of these drugs. Chapters are written by expert contributors from diverse backgrounds in medicine, psychiatry, pharmacy, nursing, health law, and ethics. Prescription Drug Diversion and Pain is a must-read for healthcare professionals, caregivers, policy makers, regulatory officials, law enforcement, and those in the pharmaceutical industry seeking to address the current and future opioid crisis. The updated and authoritative reference to medications used in dental practice The revised and updated second edition of The Dentist's Drug and Prescription Guide offers a practical and quick reference to medications commonly prescribed in dental practice. With contributions from experts on the topic, this comprehensive book takes an accessible question-and-answer format, providing answers to common questions dentists ask about drugs. The most updated information on drugs is presented throughout, including the current antibiotic prophylaxis guidelines and newer osteoporosis drugs. A new section describes how to manage patients on medications, and includes new chapters on the important topics of opioid prescribing and abuse and pain management. Alternative effective medications for opioids are discussed in detail. Putting all the prescription and drug information needed in daily dental practice at your fingertips, The Dentist's Drug and Prescription Guide is an essential reference for practicing dental clinicians and dental hygienists. This important book: Offers a comprehensive and accessible guide to essential information about medications used in dental practice Presents detailed information about drugs in an easy-to-use question-and-answer format Provides answers to commonly asked questions about drugs Refers to current, evidence-based pharmacology information, tailored for the dental clinician Features information on opioid prescribing and abuse and pain management Written for both general and specialist dentists and dental hygienists, the revised second edition of The Dentist's Drug and Prescription Guide is a must-have reference for the most current information available on medications used in the dental profession. With Americans paying more than \$200 billion each year for prescription pills, the pharmaceutical business is the most profitable in the nation. The popularity of prescription drugs in recent decades has remade the doctor/patient relationship, instituting prescription-writing and pill-taking as an integral part of medical practice and everyday life. Medicating Modern America examines the meanings behind this pharmaceutical revolution through the interconnected histories of eight of the most influential and important drugs: antibiotics, mood stabilizers, hormone replacement therapy, oral contraceptives, tranquilizers, stimulants, statins, and Viagra. All of these drugs have been popular, profitable, influential, and controversial, and the authors take a historical approach to studying their development, prescription, and consumption. This perspective locates the histories of prescription medicines in specific cultural contexts while revealing the extent to which contemporary debates about pharmaceutical drugs echo concerns voiced by Americans in the past. Exploring the rich and multi-faceted history of pharmaceutical drugs in the United States, Medicating Modern America unveils the untold stories behind America's pharmaceutical obsession. Contributors include: Robert Bud, Jennifer R. Fishman, Jeremy A. Greene, David Healy, Suzanne White Junod, Ilna Singh, Andrea Tone, and Elizabeth Siegel Watkins. The growing use of prescription drugs is a global health concern. A "pill-popping culture", where many life issues are seen as problems that can be treated with medication, is becoming more common worldwide. Simultaneously, there are increasing concerns about the nonmedical use of prescription drugs (NMUPD) such as sedatives, opi-oid-based pain relief medication and prescription stimu-lants. Nevertheless, this trend has received limited atten-tion in scientific research in Belgium, and in Europe more broadly. The YOUTH-PUMED study described in this book aims at a better understanding of this phenomenon among young adults, and of their perceptions about their own nonmedical use of prescription drugs and associated harms. This book shows that the young adults were using one or more psychoactive medication (sedatives, analgesics or stimulants) in different contexts, and their use patterns and motives for use varied. It ends with helpful insights to prevent and reduce NMUPD. Completely revised and updated, this important book covers the side effects and potential dangers of all the major prescription drugs. Dr. Earl Mindell, a trusted voice for decades, shows reader how they can replace commonly used prescription drugs with safer, natural alternatives or use nutrition to minimize side effects when prescription drugs are truly necessary. In plain language, presents consumer-friendly FDA-approved drug information. Twenty-three chapters cover the diagnosis and treatment of major health problems. Includes a guide to safe medication use, cautions about side effects, drug and food interactions, signs of overdose, and much more! "An expose on how medical care became dysfunctional; getting the best care when you really need it; a prescription for wellness, longevity, and personal accountability."--Cover. McGuff and Murphy offer an evidence-based "game plan" for taking control of your own medical care, protecting yourself and your loved ones regardless of what the future holds; a must-have resource for taking your health into your own hands. Is there really a safer, more effective natural alternative to most prescription and over-the-counter medicines? Yes. In Natural Alternatives to Over-the-Counter and Prescription Drugs, his groundbreaking book, naturopathic physician Michael T. Murray provides specific natural alternatives to some of the drugs most used by Americans, including Tagamet, Prednisone, Seldane, and Zantac. Examining the side effects and effectiveness of many of the drugs used today, Murray shows how these drugs can be replaced with less expensive natural remedies whose medicinal benefits have been proven in clinical studies. He discusses how herbs, vitamins, minerals, extracts, and ointments can be used to bring relief from a wide array of specific ailments, including: Diabetes Asthma, hay fever, and the common cold High blood pressure and high cholesterol Arthritis Heartburn and headache Insomnia With easy-to-understand charts, graphs, and tables throughout, Natural Alternatives to Over-the-Counter and Prescription Drugs offers detailed, practical information that will help readers live a fuller, healthier life--free from pharmaceutical medicines. " In 2011, federal spending for prescription drugs by DOD, Medicaid, and Medicare Part D totaled \$71.2 billion-representing about 85 percent of all federal prescription drug expenditures-for about 114.4 million beneficiaries. Each program reimbursed retail pharmacies for outpatient prescriptions filled at these pharmacies by their beneficiaries. GAO was asked to compare prices paid for prescription drugs across federal programs. This report compares retail reimbursement prices paid by DOD, Medicaid, and Medicare Part D for a sample of prescription drugs and describes factors affecting these prices. Using agency data for the third quarter of 2010 (the most recent data available at the time of GAO's analysis), GAO selected a sample of 50 high-utilization and 50 high-expenditure drugs; after accounting for overlap between the two groups, the final sample contained 78 drugs. GAO calculated average gross unit prices paid to pharmacies by each program by adding total program-paid and beneficiary-paid amounts and dividing by total utilization for each drug, the entire sample, and the subsets of brand-name and generic drugs. GAO calculated net unit prices paid by each program by subtracting all agency-reported beneficiary-paid amounts, rebates, refunds, and other price concessions from the gross unit prices. A groundbreaking prescription for health care reform--from a legendary leader in innovation . . . Our health care system is in critical condition. Each year, fewer Americans can afford it, fewer businesses can provide it, and fewer government programs can promise it for future generations. We need a cure, and we need it now. Harvard Business School's Clayton M. Christensen--whose bestselling The Innovator's Dilemma revolutionized the business world--presents The Innovator's Prescription, a comprehensive analysis of the strategies that will improve health care and

make it affordable. Christensen applies the principles of disruptive innovation to the broken health care system with two pioneers in the field—Dr. Jerome Grossman and Dr. Jason Hwang. Together, they examine a range of symptoms and offer proven solutions. YOU'LL DISCOVER HOW "Precision medicine" reduces costs and makes good on the promise of personalized care Disruptive business models improve quality, accessibility, and affordability by changing the way hospitals and doctors work Patient networks enable better treatment of chronic diseases Employers can change the roles they play in health care to compete effectively in the era of globalization Insurance and regulatory reforms stimulate disruption in health care The misuse and abuse of prescription drugs has reached epidemic proportions in recent years, yet many individuals still believe, incorrectly, that their use is without risk. This book explores those risks as well as controversies surrounding this public health issue. • Profiles the most commonly abused prescription drugs, explaining how each one can affect the mind and body and lead to physical and/or psychological addiction • Examines key issues related to prescription drug abuse, such as prescriber responsibility and societal attitudes toward this form of drug abuse • Offers illuminating case studies that highlight key ideas and debates discussed in the book through engaging real-world scenarios • Provides readers with a helpful Directory of Resources to guide their search for additional information This study provides a national analysis of how the 2014 Affordable Care Act (ACA) Medicaid expansions have affected aggregate prescription drug utilization. Given the prominent role of prescription medications in the management of chronic conditions, as well as the high prevalence of unmet health care needs in the population newly eligible for Medicaid, the use of prescription drugs represents an important measure of the ACA's policy impact. Prescription drug utilization also provides insights into whether insurance expansions have increased access to physicians, since obtaining these medications requires interaction with a health care provider. We use 2013-2015 data from a large, nationally representative, all-payer pharmacy transactions database to examine effects on overall prescription medication utilization as well as effects within specific drug classes. Using a differences-in-differences (DD) regression framework, we find that within the first 15 months of expansion, Medicaid-paid prescription utilization increased by 19 percent in expansion states relative to states that did not expand; this works out to approximately seven additional prescriptions per year per newly enrolled beneficiary. The greatest increases in Medicaid prescriptions occurred among diabetes medications, which increased by 24 percent. Other classes of medication that experienced relatively large increases include contraceptives (22 percent) and cardiovascular drugs (21 percent), while several classes more consistent with acute conditions such as allergies and infections experienced significantly smaller increases. As a placebo test, we examine Medicare-paid prescriptions and find no evidence of a post-ACA effect. Both expansion and non-expansion states followed statistically similar trends in Medicaid prescription utilization in the pre-policy era, offering support for our DD approach. We did not observe reductions in uninsured or privately insured prescriptions, suggesting that increased utilization under Medicaid did not substitute for other forms of payment. Within expansion states, increases in prescription drug utilization were larger in geographical areas with higher uninsured rates prior to the ACA. Finally, we find some suggestive evidence that increases in prescription drug utilization were greater in areas with larger Hispanic and black populations. The Putting Prescription The Putt Doctor's Proven Method for a Better Stroke Dr. Craig L. Farnsworth Author of See It & Sink It The doctor is on the golf course! Dr. Craig Farnsworth has helped more than 125 Tour pros improve their putting games from good to outstanding. Now, you can raise the level of your game using the same innovative techniques that have helped Nick Faldo, Annika Sörenstam, Bernhard Langer, and many others become masters of the green. Whether you suffer from sloppy setup, tight grip, pushing, pulling, or "the yips," The Putting Prescription will cure what ails you! "I have worked with Craig over the years and have used and applied his prescriptions and drills myself. I particularly love the string and needles drill. All you need to do is add a bit of practice." -Nick Faldo, six-time Majors winner on the PGA Tour, member of the World Golf Hall of Fame, and analyst for CBS and the Golf Channel "As a veteran PGA Tour player, I've studied many golf books and listened to more than my share of instructors. Dr. Farnsworth's putting method is the most complete and thorough I've read. He has helped my putting and he can help yours too." -Scott McCarron, PGA Tour player "I have had the honor to work with the leading putting coaches in the world and Dr. Craig Farnsworth is the best of the best. His understanding of putting is by far the most comprehensive, and his ability to communicate that knowledge is second to none. I have seen him transform the game of a PGA superstar and elevate the games of 'weekend warriors.'" -Mike Adams, Golf Digest Top-50 Instructor and Golf Magazine Top-100 Teacher "Dr. Farnsworth is the premier specialist in helping golfers of all abilities become the best putters they can be. His attention to detail and creative use of drills and games are the best in the game. This book will help you get to the next level." -Brian Mogg, Golf Magazine Top-100 Teacher "Having seen the direct benefit to my own game, it is crystal clear to me why so many PGA and LPGA players ultimately find their way to Dr. Farnsworth. He does a wonderful job of blending state-of-the-art teaching methods with the specific needs of the student. I am very cautious about referring my students to instructors. However, I enthusiastically refer my players to Dr. Farnsworth." -Dr. Gary Brown, Golf Performance Specialist, Intelligent Golf "I have utilized Doctor Farnsworth's information in my instructional programs since meeting Doc in 1998. His knowledge has transformed my teaching and my own game, allowing me to be the Michigan PGA Teacher and Player of the Year in 2005. Following the Doc's prescriptions will help transform everyone's putting!" -John L. Dal Corobbo, Director of Instruction, The Training Academy at Prairie View A powerful personal journey to find meaning and life lessons in the words of a wildly popular 13th century poet. Rumi's inspiring and deceptively simple poems have been called ecstatic, mystical, and devotional. To writer and activist Melody Moezzi, they became a lifeline. In The Rumi Prescription, we follow her path of discovery as she translates Rumi's works for herself - to gain wisdom and insight in the face of a creative and spiritual roadblock. With the help of her father, who is a lifelong fan of Rumi's poetry, she immerses herself in this rich body of work, and discovers a 13th-century prescription for modern life. Addressing isolation, distraction, depression, fear, and other everyday challenges we face, the book offers a roadmap for living with intention and ease, and embracing love at every turn--despite our deeply divided and chaotic times. Most of all, it presents a vivid reminder that we already have the answers we seek, if we can just slow down to honor them. \* You went out in search of gold far and wide, but all along you were gold on the inside. \* Become the sky and the clouds that create the rain, not the gutter that carries it to the drain. \* You already own all the sustenance you seek. If only you'd wake up and take a peek. \* Quit being a drop. Make yourself an ocean. Presents advice on ways to boost one's happiness and lead a more fulfilling life. Raise a Glass to Your Health! Dark, leafy greens contain an astonishing abundance of nutrients, with enzymes, antioxidants, and minerals that hold extraordinary benefits for our mind and body. In The Green Smoothie Prescription, raw food pioneer and international bestselling author of Green for Life Victoria Boutenko provides a comprehensive guide to the healing capabilities of green smoothies. This easy-to-use and information-packed book features over 150 delicious recipes and an A-to-Z list of the most effective nutrients in battling everything from minor colds and aches and pains to chronic conditions and weight loss. These unique smoothies are the easiest, fastest, and most delicious way to consume the amount of greens necessary to achieve and sustain total health. FEATURING SMOOTHIES FOR: Beautiful Skin • Colds & Flu • Stress Reduction • Detox & Cleanses • Weight Loss America spends more than twice as much for health care as any other nation. So why are Americans among the sickest people in the industrialized world? Public health experts Tom Farley and Deborah A. Cohen show that the answer does not lie in our medical care system but rather in the world around us. As they explain, the leading killers of our time fall almost entirely into two categories: injuries and chronic diseases such as heart disease, lung and breast cancer, diabetes, and stroke. For all its inspiring, high-tech cures, modern medicine is just not very effective at combating these illnesses. Our health, as Farley and Cohen explain, depends much less on medicine than on how we lead our lives. And as their surprising and illuminating examples show, our behavior and our health are in fact shaped by our everyday world-from the design of our cities to the rules that govern our organizations. Obesity, for example, has emerged as a major health threat because our environment makes it difficult to be physically active and because prepared high-calorie foods-from chips and candy bars to fast food and "food on the go"-saturate our surroundings. Though we'd like to believe that we could stay slim through individual self-discipline, our everyday world overwhelms our resolve. In similar ways, the world around us influences whether we live our lives in ways that increase or decrease our chances of dying from killers as wide-ranging as cancer and car crashes. In the last part of the book, Farley and Cohen remind us of once-controversial changes to our physical environment that have saved tens of thousands of lives and outline many other ways in which we can change our daily environment so we can all live longer and healthier. Prescription for a Healthy Nation is at once an exposé of how various industries influence our health for the worse, a paradigm-shifting argument about health and disease, and a positive blueprint for how to create a healthier society. From the Hardcover edition. If you believe that the latest blockbuster medication is worth a premium price over your generic brand, or that doctors have access to all the information they need about a drug's safety and effectiveness each time they write a prescription, Dr. Jerry Avorn has some sobering news. Drawing on more than twenty-five years of patient care, teaching, and research at Harvard Medical School, he shares his firsthand experience of the wide gap in our knowledge of the effectiveness of one medication as compared to another. In Powerful Medicines, he reminds us that every pill we take represents a delicate compromise between the promise of healing, the risk of side effects, and an increasingly daunting price. The stakes on each front grow higher every year as new drugs with impressive power, worrisome side effects, and troubling costs are introduced. This is a comprehensive behind-the-scenes look at issues that affect everyone: our shortage of data comparing the worth of similar drugs

for the same condition; alarming lapses in the detection of lethal side effects; the underuse of life-saving medications; lavish marketing campaigns that influence what doctors prescribe; and the resulting upward spiral of costs that places vital drugs beyond the reach of many Americans. In this engagingly written book, Dr. Avorn asks questions that will interest every consumer: How can a product judged safe by the Food and Drug Administration turn out to have unexpectedly lethal side effects? Why has the nation's drug bill been growing at nearly 20 percent per year? How can physicians and patients pick the best medication in its class? How do doctors actually make their prescribing decisions, and why do those decisions sometimes go wrong? Why do so many Americans suffer preventable illnesses and deaths that proper drug use could have averted? How can the nation gain control over its escalating drug budget without resorting to rationing or draconian governmental controls? Using clinical case histories taken from his own work as a practitioner, researcher, and advocate, Dr. Avorn demonstrates the impressive power of the well-conceived prescription as well as the debacles that can result when medications are misused. He describes an innovative program that employs the pharmaceutical industry's own marketing techniques to reduce use of some of the most overprescribed and overpriced products. *Powerful Medicines* offers timely and practical advice on how the nation can improve its drug-approval process, and how patients can work with doctors to make sure their prescriptions are safe, effective, and as affordable as possible. This is a passionate and provocative call for action as well as a compelling work of clear-headed science. Information about drugs, side effects and abuse. Drug prescription, medication and therapy. online stores to buy drugs. Testing, interaction, administration and treatments for the health care. Medicine is the branch of health science and the sector of public life concerned with maintaining or restoring human health through the study, diagnosis, treatment and possible prevention of disease and injury. It is both an area of knowledge – a science of body systems, their diseases and treatment – and the applied practice of that knowledge. A drug is any biological substance, synthetic or non-synthetic, that is taken for non-dietary needs. It is usually synthesized outside of an organism, but introduced into an organism to produce its action. That is, when taken into the organism's body, it will produce some effects or alter some bodily functions (such as relieving symptoms, curing diseases or used as preventive medicine or any other purposes). The New York Times bestselling guide to a healthy and pain-free life. Musculoskeletal pain disorders have reached epidemic proportions in the United States, with most doctors failing to recognize their underlying cause. In this acclaimed volume, Dr. Sarno reveals how many painful conditions-including most neck and back pain, migraine, repetitive stress injuries, whiplash, and tendonitis-are rooted in repressed emotions, and shows how they can be successfully treated without drugs, physical measures, or surgery. "My life was filled with excruciating back and shoulder pain until I applied Dr. Sarno's principles, and in a matter of weeks my back pain disappeared. I never suffered a single symptom again...I owe Dr. Sarno my life." - Howard Stern The first authoritative look at the history of the prescription itself, *Prescribed* is a groundbreaking book that subtly explores the politics of therapeutic authority and the relations between knowledge and practice in modern medicine. Argues that the lack of joy in one's daily life is a more serious problem than stress, and suggests five steps for attaining a better and more rewarding balance in our lives. With prescriptions for powerful pain killers skyrocketing, causing overdoses and death, this timely volume shows how big prescription drug abuse is and what is being done about it, revealing the risks, benefits and the safe way to use some of modern healthcare's most miraculous medicines. Original.

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