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

By Vickery, Donald M.; Fries, James F.

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Take Care of Yourself book. Read 8 reviews from the world's largest community for readers. Take Care of Yourself is the world's best-selling health guide. 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.