

# [PDF] The Take-Charge Patient: How You Can Get The Best Medical Care

**Martine Ehrenclou - pdf download free book**

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**Books Details:**

Title: The Take-Charge Patient: How  
Author: Martine Ehrenclou  
Released: 2012-05-15  
Language:  
Pages: 320  
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**Description:**

**Winner of Fourteen Book Awards:**

- Gold in Health/Medicine from the Independent Publisher Book Awards
- Winner of The Benjamin Franklin Award, Reference Category, 2013
- Winner of the How-To Category, Next Generation Indie Book Awards 2013
- Nautilus Silver Award in Health 2013

-Winner of Best NonFiction Book of the Year, Readers Views, Reviewers Choice Award 2013

-Book of the Year in Health Books&Authors.net

-NABE Pinnacle Book Achievement Award Winner, Summer 2012

-1st in Health, Readers Views Literary Book Awards 2012

-Winner of the Gold in Health from the Young Voices Foundation Awards

-USA Best Book Awards

-Mom's Choice Awards

-Living Now Book Awards

-Readers Favorite Book Awards

-New York Book Festival Awards

Also a ForeWord Book of the Year Awards Finalist (Winners Announced June 2013)!

**About the Author** Martine Ehrenclou, M.A., is an award-winning author, patient advocate and speaker. Her first book, *Critical Conditions: The Essential Hospital Guide To Get Your Loved One Out Alive* received 15 book awards. In her newest health book, *The Take-Charge Patient*, Martine empowers readers to become proactive and effective participants in their own health care. Her mission is to bring to light the importance of being an advocate for oneself and others. Through her books, articles, blog, and lectures, Martine Ehrenclou reveals insider information on how to interact successfully with medical professionals and navigate the health care system. She is a proponent of patient engagement and the collaborative effort between patients and medical professionals. Six months into her research for *The Take-Charge Patient*, Martine developed debilitating, chronic pain that lasted sixteen months and used every strategy in her new book. She went from an advocate for others to an advocate for herself, and became her own take-charge patient. After eleven doctors failed to diagnose her correctly, Martine's exhaustive research led her to the surgeon who diagnosed her and cured her. She is now pain free. Martine regularly publishes articles on the topics of patient empowerment, patient advocacy, patient safety, successful communication in medical encounters, and other health/medical related issues. She is interviewed regularly on national TV, radio, newspapers and magazines, including ABC News, NBC News, Woman's Day, Family Circle, Los Angeles Times Magazine and many more. Martine also lectures at universities, health organizations, and hospitals and writes a blog.

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