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Living Abled and Healthy: Your Guide to Injury and Illness Recovery

Christopher R. Brigham-MD, Henry Bennett

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Living Abled and Healthy: Your Guide to Injury and Illness Recovery offers us help for some of the most difficult times of our lives--when we or someone we love are injured or ill and doing our best to recover as fully as possible. In an easy-to-read presentation, *Living Abled and Healthy* provides insights, knowledge, and resources for dealing with our most challenging medical, legal, insurance, disability, and financial issues.

We all hate being hurt or sick. Sometimes the questions, people, and systems we face make our lives really difficult. Life should not have to be this way. But, today, since it is, *Living Abled and Healthy* helps us to take charge during injury or illness rather than allowing others to take charge of us. Maneuvering through medical and legal systems may not be easy and the answers are not always clear. This book, in conjunction with web-based tools accessible with the book, helps provide us with the knowledge and resources we need.

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