



# 101 Comforting Things to Do: While You're Getting Better at Home or in the Hospital

*Erica Levy Klein*

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**101 Comforting Things to Do: While You're Getting Better at Home or in the Hospital** Erica Levy Klein

101 Ways to Make the Road to Recovery a Little Smoother. Doctors know the quality of a patient's recuperation is vital for the return of good health. But even in today's world of medical miracles, recovering from an illness, accident, or surgery can be a surprisingly difficult and lonely process. This uplifting book is a collection of inspiration and information, suggestions and tips, factoids, diversions, and amusements. It describes proven techniques for lessening pain, eliminating boredom, and dealing with the sadness that often accompanies a serious medical problem. ".more useful than a bouquet of flowers." --Healthy Living magazine

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