

ACHIEVING *Your Personal Health* GOALS

A Patient's Guide



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www.goaldirectedhealthcare.org.

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Good health care is care that helps you achieve your personal health goals. However, most of us haven't thought very much about our health goals or how to achieve them, and the health care system is often focused on problem-solving rather than on patient goals. *Achieving Your Personal Health Goals* uses real-life examples and practical advice to help you:

- Live a long and rewarding life
- Maximize your ability to participate in meaningful life activities
- Increase your ability to overcome health challenges
- Make end-of-life plans consistent with your preferences and values

"Dr. Mold has crafted something rare: a guide to health and healthcare for the end user—you and me. *Achieving Your Health Goals: A Patient's Guide* transcends the traditional paradigms that limit our thinking about well-being and illness; the result is a road map to health that is bold, direct and best of all—practical."

—Kenneth Ross,
Executive Writer, Cedars-Sinai Health System

"I wish I had had this book when I was taking care of my aging mother. It would have changed entirely how I cared for her. This book will transform the way you think about your health, the way you talk to your doctor, and the way your doctor talks to you."

—Lyndee Knox, PhD
Primary health care educator, researcher

Dr. Mold received his M.D. from Duke University. He specialized in Family Medicine and then worked as a physician in a remote village in West Africa before returning home to practice in a small town in North Carolina. He subsequently joined the faculty at the University of Oklahoma where he practiced geriatric medicine, taught students and residents, and conducted research.