

TABLE OF CONTENTS

Healing Writing 1

By Sujata Iyengar and Allison K. Lenhardt

excerpt from *The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures* 9

By Anne Fadiman

excerpt from *[Sic] Sister Morphine* 25

By Joshua Cody

excerpt from *A Life in Smoke* 45

By Julia Hansen

What to Say to Someone Who is Sick: You Look Great and Other Lies 77

By Bruce Feiler

excerpt from *Bright-Sided* 83

By Barbara Ehrenreich

A Life Beyond Reason 89

By Dwight Christopher Gabbard

Surgeons III 97

Using a Drug Facts Box to Communicate Drug Benefits and Harms 99

By Lisa M. Schwartz, Steven Woloshin, H. Gilbert Welch

The NAMES Project AIDS Memorial Quilt 127

excerpt from *The Emperopr of Maladies* 129

By Siddhartha Mukherjee

An Immune System Trained to Kill Cancer 147

By Denise Grady

How to Save a Life 155

By The Fray

- excerpt from *Cracked: Putting Broken Lives Back Together Again: A Doctor's Story* 157**
By Drew Pinsky, M.D. with Todd Gold
- How to Fix the Obesity Crisis 173**
By David H. Freedman
- excerpt from *What to Eat* 187**
By Marion Nestle
- excerpt from *Food Matters* 197**
By Mark Bittman
- The Therapist May See You Anytime, Anywhere 209**
By Benedict Carey
- excerpt from *Stumbling on Happiness* 215**
By Daniel Gilbert
- Weather and Language Lessons 235**
By Kartik Chandaria
- Preparedness 101: Zombie Apocalypse 239**
By Ali S. Khan
- RU Healthy? Public Health Efforts Take on Text Messaging 245**
By Kim Krisberg
- My Milk: On Becoming a Mother 249**
By Anne Enright
- Are You Mom Enough? 257**
- The Case Against Breastfeeding 259**
By Hanna Rosin
- A Drug for Down Syndrome 273**
By Dan Hurley
- House of Commons Debates, 30 April 1946 285**
By Aneurin Bevan
- Healing Life's Traumas 301**
By Denise Kersten Wills

How Yoga Can Wreck Your Body 307

By William J. Broad

The Power of Nothing: Do Placebos Work? 317

By Michael Specter

excerpt from *Overtreated: The Most Dangerous Place* 333

By Shannon Brownlee

Major Assignments 365

Filmography 375

Works Cited 385