



# Misdiagnosed: One Woman's Tour of--And Escape From--Healthcareland

*Jody Berger*

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**A *New York Times* Bestseller**

"Berger movingly details her journey to healing. Her indefatigable quest...underscores the fact that there is no such thing as one size fits all in medicine."—Gayatri Devi, MD, clinical associate professor, NYU School of Medicine, and author of *A Calm Brain*

**Taking charge of your health has never been so important as it is today.**

Jody Berger has discovered this first hand: at forty-three, the award-winning journalist and marathoner sees a doctor about a minor tingling sensation in her hands and feet. One MRI later, she is diagnosed with multiple sclerosis and told to pick a drug and accept her fate. Instead Jody starts asking questions—only to receive a different diagnosis from each specialist she turns to, from vitamin deficiencies to metal toxicity to depression.

In this powerful, witty, and eye-opening account of her misadventures from misdiagnosis to miraculous recovery, Jody offers insightful tips on how to ask doctors the right questions to get the answers and treatment you need, listen to your body, and choose health over illness. After all, while we can't always heal, we can always take control of our health and ourselves—starting now.

"In this compelling, beautifully written book, Jody Berger offers an empowering look at the importance of finding the strength and confidence to take charge of your health."—Mary Shomon, *New York Times* bestselling author and patient advocate

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