Anatomy of an Illness was the first book by a patient that spoke to our current interest in taking charge of our own health. It started the revolution in patients working with their doctors and using humor to boost their bodies' capacity for healing. When Norman Cousins was diagnosed with a crippling and irreversible disease, he forged an unusual collaboration with his physician, and together they were able to beat the odds. The doctor's genius was in helping his patient to use his own powers: laughter, courage, and tenacity, to stay well. ANATOMY OF AN As perceived by. who. ILLNESS. the patient. Norman Cousins Reflections on Healing and Regeneration. “Intriguing. . . . He. creativity, longevity. touches on such large topics as and pain, and raises timely ques Anatomy of an Illness. As perceived by the Patient. Reflections on Healing and Regeneration by. Norman Cousins. Norman Cousins is senior lecturer at the School of Medicine, University of California at Los Angeles. It is inevitable, of course, that any book about the healing phenomenon will lead to considerations of longevity. To be sure, this book is as much concerned with the quality of life as it is with the prolongation of life. Nevertheless, this dual emphasis of this volume fits in with one of the significant trends in modern society, namely, the general increase of life expectancy into the seventies and eighties. National Book Award Finalist: The “amazing” New York Times bestseller about the power of laughter and optimism in fighting serious illness (Chicago Sun-Times). Norman Cousins’s iconic firsthand account of victory against terminal disease, Anatomy of an Illness as Perceived by the Patient inspired a revolution, encouraging patients to take charge of their own treatment. A political journalist and activist, Cousins was also a professor of medical humanities at UCLA, where he studied the biochemistry of human emotions and their relationship to healing. When Cousins was hospitalized with a debilit...