Recommended Reading
by the Health4U Staff

Books that are available for you to borrow from the Health4U Resource Library located at 330 Olin Health Center have an icon that looks like this:

**Healthcare Consumerism/Self-care**

- **Overdosed America: The Broken Promise of American Medicine** by John Abramson, MD
  How the Pharmaceutical Companies Distort Medical Knowledge, Mislead Doctors, and Compromise Your Health

- **Healthier at Home**
  A Proven Guide to Self-Care and Being a Wise Health Consumer from the American Institute for Preventive Medicine.

- **Mayo Clinic Guide to Self-Care**
  Answers for Everyday Health Problems