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Autore	Georgiou Archelle <1962->
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The journey from healthcare to health -- Changing complacency to confidence -- The power of preferences over thought traps -- Bring personal priorities to medical care -- Sorting through alternative care -- Aging with control -- Selecting your healthcare a-team -- Power shopping for health insurance -- Using cares every day -- The cares model at a glance.