



## **The Fatigue Prescription** *Four Steps to Renewing Your Energy, Health, and Life* **Linda Hawes Clever, MD**

***Go From Tired and Wired to Healthy and Calm***

Dr. Clever, Clinical Professor of Medicine at UCSF and founder of RENEW, provides a practical and prescriptive guide to taking care of your whole self. She includes tips, self-assessment guides, and a doctor's best advice on how to deal with competing demands that sap your strength, deplete your energy, and can lead to illness and depression.

How in the world did we get so busy? The reasons are legion. Some are related to our complicated and unpredictable world. Others have to do with our upbringing and personalities. An array of external and internal forces may lead to us being stuck, frazzled, or over-committed—perhaps all at once.

The author describes the circumstances that led to her near-meltdown and explains the remedy that she and thousands of others have used to refresh, renew, and begin creating healthy and happy lives. She outlines signs of trouble, which can range from aches to anger, changes in eating, drinking, and sleeping, to outbursts and withdrawal. If any of this sounds familiar, *The Fatigue Prescription* is for you.



**Linda Hawes Clever, MD**, attended Stanford University, where she earned her medical degree. Linda is known for "firsts," which include: first woman Governor in the American College of Physicians; and first woman editor of the *Western Journal of Medicine*. She is a member of the prestigious Institute of Medicine of the National Academy of Sciences, and Clinical Professor of Medicine at UCSF. In 1998, she founded RENEW, a non-profit organization that aims to help busy, devoted people regain—or maintain—their effectiveness and creativity. Linda has chaired the board of KQED Public Radio and served on the Stanford University Board of Trustees for fourteen years.

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