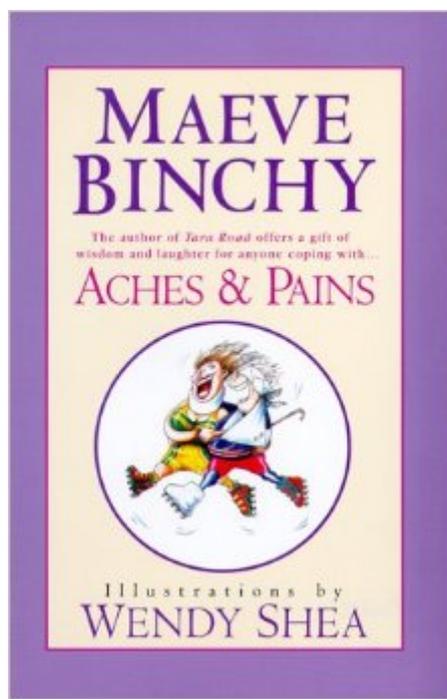


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# Aches & Pains



## Synopsis

It's the perfect gift: "Laughter, the best medicine!" From beloved author Maeve Binchy. Maeve Binchy has captured the hearts of millions with her spectacular national bestsellers, from *Circle of Friends* to *Tara Road*. Now she applies her signature warmth, wit, and understanding to something new--a wickedly funny book for anyone who's checked into the hospital, headed for an operation, or convalesced at home. Drawing on her own experiences as a patient, Maeve Binchy, together with artist Wendy Shea, has created this wry, deliciously illustrated book of wit and wisdom, a hilarious insider's guide to hospital stays and at-home convalescence. Filled with Maeve's candid real-life anecdotes and laugh-out-loud advice--plus Wendy Shea's irreverent drawings--*Aches & Pains* is just what the doctor ordered! Discover: Ten little jobs you can give to anyone who asks: "How can I help?" Outrageous ways to take advantage of your weakened state. Things to say to annoy the patient in the next bed. Dignified ways to cope with all the indignities of baring your body to strangers. Great gifts to suggest when someone asks: "What can I bring you?" Tips on dealing with visitors...and hospital food. Plus recipes, poems, home remedies, and more! The author's royalties for this book will be donated to the Arthritis Foundation.

## Book Information

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## Customer Reviews

Most of us make lousy patients. I'm told that physicians are the worst. We think the worst. We miss what we can't do. We take it out on everyone around us. In short, we need to lighten up. Maeve Binchy and Wendy Shaw ended up having hip replacement surgery around the same time, and compared notes. They realized the patients needed something to cheer them up. This little,

light-hearted, warm book is just the ticket! I think it is the best book gift I have seen for those going through normal illnesses. I wouldn't recommend it for people with serious, life-threatening situations. An inspiring book about miracle recoveries would work better there. Lance Armstrong's new book, *It's Not About the Bike*, fits the bill for many cancer patients, for example. Here's what's in this book. It begins with an explanation about Ms. Binchy's hip replacement that includes having to face up to the need to lose weight, stop smoking, and cut way back on the alcohol. In a witty fashion, she makes great good fun out of her own fears and foibles. You can't help but like her for it, and begin to laugh at yourself a little in your own past experiences with doctors, nurses and hospitals. From there, she goes on to provide witty lists that would cheer anyone up. One of my favorites was full of put-downs (that everyone has thought, but never said) to one's roommate in the hospital. No, you won't say these either, but you'll probably break up laughing as you think about this list every time you look at the other patient. There are lists for what gifts to ask for, things to do when you get home, what tasks to give visitors, and every other imaginable circumstance.

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