

77 Questions for Skillful Living

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Synopsis

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What would you do with your life if your health were completely restored?

Go beyond conventional medicine with this revolutionary guide to understanding wellness on a deeper level.

Are you as healthy as you could be, as healthy as you would like to be?

Do you wake up feeling rested? Do you feel physically attractive? Do you give yourself more supportive messages than critical ones? Is the home you live in harmonious? Is your job fulfilling? Are you able to let go of your attachment to specific outcomes and embrace uncertainty? Are you free from disease?

How nice would it feel to be that healthy, to achieve extraordinary health? Integrative medicine pioneer Dr. Michael Finkelstein has helped tens of thousands of patients get there with his novel blend of conventional and holistic medicine. In this refreshing new book, he outlines his groundbreaking perspective and shares the tools you will need to manage your own recovery from the vast array of ailments and illnesses that often go unresolved in the modern American health care system. He then illuminates a path that will help you put these health challenges into an entirely new context, seeing beyond the symptoms and reaching a state of health that might otherwise seem impossible—a functional state of well-being that lab reports can't begin to measure.

Drawing on decades of medical experience and patient consultations, as well as a good dose of common sense and practical wisdom, Dr. Finkelstein guides you through 77 questions that will help you understand various symptoms, their causes, and a path you may never have thought would lead you to solutions. Each chapter in this boundary-shattering book includes the key components of a successful consultation—from revealing lessons to practical prescriptions—along with illustrative anecdotes from real patients.

In this warm, reassuring, enlightening book, Dr. Finkelstein takes you beyond conventional medicine to examine the intricate network of factors that lie behind many common

illnesses”and empowers you to take your health back. It's time to walk down another path, one where the answers are in the questions.</p>

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