

Dr Feel Good

Chris Zoupa, Joseph Alexander

Dr. Feelgood Richard A. Lertzman, William J. Birnes, 2013-05-01 Doctor Max Jacobson, whom the Secret Service under President John F. Kennedy code-named “Dr. Feelgood,” developed a unique “energy formula” that altered the paths of some of the twentieth century’s most iconic figures, including President and Jackie Kennedy, Marilyn Monroe, Frank Sinatra, and Elvis. JFK received his first injection (a special mix of “vitamins and hormones,” according to Jacobson) just before his first debate with Vice President Richard Nixon. The shot into JFK’s throat not only cured his laryngitis, but also diminished the pain in his back, allowed him to stand up straighter, and invigorated the tired candidate. Kennedy demolished Nixon in that first debate and turned a tide of skepticism about Kennedy into an audience that appreciated his energy and crispness. What JFK didn’t know then was that the injections were actually powerful doses of a combination of highly addictive liquid methamphetamine and steroids. Author and researcher Rick Lertzman and New York Times bestselling author Bill Birnes reveal heretofore unpublished material about the mysterious Dr. Feelgood. Through well-researched prose and interviews with celebrities including George Clooney, Jerry Lewis, Yogi Berra, and Sid Caesar, the authors reveal Jacobson’s vast influence on events such as the assassination of JFK, the Cuban Missile Crisis, the Kennedy-Khrushchev Vienna Summit, the murder of Marilyn Monroe, the filming of the C. B. DeMille classic *The Ten Commandments*, and the work of many of the great artists of that era. Jacobson destroyed the lives of several famous patients in the entertainment industry and accidentally killed his own wife, Nina, with an overdose of his formula.

Dr. Feelgood Christian Keyes, 2016-01-26 After a recently failed engagement, Phillip Gooden is burying himself in work at this therapy practice to avoid dealing with his problems. Dr. Gooden isn’t the typical, dull therapist. He has some unusual ways of addressing his patients’ concerns. From anger management and infidelity to intimacy issues and marital woes, he always makes his clients feel better. Many of his female clients think of him as Dr. Feelgood; however, Phil’s biggest challenge is making himself feel good again by letting go of his past. Between the problematic patients he counsels, the ridiculous antics and issues of his coworker and best friend, and his constant bad luck with dating, he’s trying not to lose his own mind. After all, he is Dr. Feelgood!

Dr. Feelgood Marissa Monteilh, 2011-03-01 From the author of *MAKE ME HOT* comes a steamy tale of a popular heart surgeon and his four women, told in their own voices. They call him Dr. Feelgood. . . One woman would never be enough to satisfy noted cardiologist Dr. Makkai Worthy, better known by his sex partners as Dr. Feelgood. Womanizer extraordinaire, he’s a chip off the old block of his rolling-stone papa and commitment isn’t an option. At 37 and single, he’s happier than he’s ever been, living the lifestyle of the rich and fine. A gifted surgeon, Dr. Feelgood knows how to operate in the O.R. by day. But by night, it’s his smooth operations in the bedroom that are driving his four main squeezes crazy. First, there’s demanding-diva Georgia. She’s bound and determined to be the doctor’s one and only until suspicions arise that she’s keeping something on the down low. Mary Jane is a sweetheart of a nurse who works in Dr. Feelgood’s cardiology unit. He tries to stay hands off, until a player friend starts to make a move and he’s forced to stake his claim. Self-absorbed Monday is as fast as the day is long, and she boasts that she can bag any man without getting serious; but the sexually talented Dr. Feelgood flips the script and uncovers another side of Monday. Spicy Salina’s white husband is not one to share, so when he’s sent to jail for choking the good doctor, the drama really begins. Dr. Feelgood’s escapades as a true player could force him to finally settle down, or they might just motivate him to begin another affair of the heart. Watch out, because the ladies are lining up, and the doctor is in . . .

The Dr. Feelgood Casebook William J Birnes, Richard A Lertzman, 2020-05-24 Now, for the first time in his own words in **The Dr. Feelgood Casebook,** Doctor Max Jacobson, code-named Dr. Feelgood by the Secret Service under President John F. Kennedy, writes about his own life, his patients, and his magic formula that addicted not only JFK, but Elvis, Marilyn Monroe, and celebrities from all walks of life to his methamphetamine injections. In addition, Dr. Feelgood's own patients describe their dealings with the man who brought the meth epidemic to America. Through interviews with celebrities and notable individuals, including Dr. Michael Baden, Eddie Fisher, Gore Vidal, and Joey Bishop, the authors reveal Jacobson's vast influence on events such as the assassination of JFK, the Cuban Missile Crisis, the Kennedy-Khrushchev Vienna Summit, the murder of Marilyn Monroe, the filming of the C. B. DeMille classic *The Ten Commandments*, and the work of many of the great artists of that era. Jacobson destroyed the lives of several famous patients in the entertainment industry and accidentally killed his own wife, Nina, with an overdose of his formula. In a series of heretofore unpublished interviews with celebrity singer and Jacobson patient Eddie Fisher, the **Casebook** reveals the behind-the-scenes goings on in the Kennedy White House, especially leading up to the assassination, as Fisher brought an assortment of young movie starlets to meet the president in private. Here is a snapshot of American political life before the #METOO movement that has it all: sex, drugs, power, and influence.

Dr. Feelgood S.E. Law, Dr. Feelgood is alpha AF with a deep, growly voice, a giant stethoscope and a bedside manner that makes me want more. Summer's the sweetest thing to ever step into my exam room. She was hit by a car, but at the hands of a skilled physical therapist, even the most unlikely paraplegics can learn to walk again. After all, my nickname's Dr. Feelgood for a reason. They say that I've got talented hands and a talented something else too. If a woman isn't shaking and screaming by the end of our physical therapy sessions, then I'm the one who's come up short. It's a good thing I give a hundred and ten percent to my job every single day because when Summer Ames is wheeled in for the first time, there's only one thing on my mind: Walk to me, sweetheart. Run to me, baby. I can make you feel so good that you never stop coming again and again. This alpha AF, possessive male is worth every steamy session at the gym because he works miracles on the patients in his care. Strap yourself in for a mouthwatering ride and let yourself enjoy the exam. Reader beware. You might want your own stethoscope for a dose of fun. As always, my books end with an HEA, with no cheating and no cliffhangers.

Feeling Good David D. Burns, M.D., 2012-11-20 National Bestseller – Over five million copies sold worldwide! From renowned psychiatrist Dr. David D. Burns, the revolutionary volume that popularized Dr. Aaron T. Beck's cognitive behavioral therapy (CBT) and has helped millions combat feelings of depression and develop greater self-esteem. Anxiety and depression are the most common mental illnesses in the world, affecting 18% of the U.S. population every year. But for many, the path to recovery seems daunting, endless, or completely out of reach. The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other black holes of depression can be alleviated. In *Feeling Good*, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life, enabling you to: Nip negative feelings in the bud Recognize what causes your mood swings Deal with guilt Handle hostility and criticism Overcome addiction to love and approval Build self-esteem Feel good everyday This groundbreaking, life-changing book has helped millions overcome negative thoughts and discover joy in their daily lives. You owe it to yourself to FEEL GOOD! I would personally evaluate David Burns' *Feeling Good* as one of the most significant books to come out of the last third of the Twentieth Century. ?– Dr. David F. Maas, Professor of English, Ambassador University

Dr. Feelgood Chris Harrison,2013-06-25 The Doctor Was Young And Handsome! It Was No Trouble To Make His Female Patients Feel Good When His Very Special Treatment Included Close Encounters Behind Locked Doors.

Transitions to a Heart Centered World Guru Rattana,2014-03

What Doctors Feel Danielle Ofri,2013-06-04 A look at the emotional side of medicine—the shame, fear, anger, anxiety, empathy, and even love that affect patient care Physicians are assumed to be objective, rational beings, easily able to detach as they guide patients and families through some of life’s most challenging moments. But doctors’ emotional responses to the life-and-death dramas of everyday practice have a profound impact on medical care. And while much has been written about the minds and methods of the medical professionals who save our lives, precious little has been said about their emotions. In *What Doctors Feel*, Dr. Danielle Ofri has taken on the task of dissecting the hidden emotional responses of doctors, and how these directly influence patients. How do the stresses of medical life—from paperwork to grueling hours to lawsuits to facing death—affect the medical care that doctors can offer their patients? Digging deep into the lives of doctors, Ofri examines the daunting range of emotions—shame, anger, empathy, frustration, hope, pride, occasionally despair, and sometimes even love—that permeate the contemporary doctor-patient connection. Drawing on scientific studies, including some surprising research, Dr. Danielle Ofri offers up an unflinching look at the impact of emotions on health care. With her renowned eye for dramatic detail, Dr. Ofri takes us into the swirling heart of patient care, telling stories of caregivers caught up and occasionally torn down by the whirlwind life of doctoring. She admits to the humiliation of an error that nearly killed one of her patients and her forever fear of making another. She mourns when a beloved patient is denied a heart transplant. She tells the riveting stories of an intern traumatized when she is forced to let a newborn die in her arms, and of a doctor whose daily glass of wine to handle the frustrations of the ER escalates into a destructive addiction. But doctors don’t only feel fear, grief, and frustration. Ofri also reveals that doctors tell bad jokes about “toxic sock syndrome,” cope through gallows humor, find hope in impossible situations, and surrender to ecstatic happiness when they triumph over illness. The stories here reveal the undeniable truth that emotions have a distinct effect on how doctors care for their patients. For both clinicians and patients, understanding what doctors feel can make all the difference in giving and getting the best medical care.

The Feel-Good Family Food Plan Joanna McMillan,Melissa Clark,2020-03-03 The only cookbook you need to feed your family well, from Australia’s favourite nutrition scientist. Packed with simple solutions, easy-to-follow advice and expert tips, *The Feel-Good Family Food Plan* does the thinking for you, so you get delicious home-cooked food on the table, even on the most hectic of work and school days. 60 weeknight dinners the whole family will love. 4 weeks of meal plans take the stress out of shopping and cooking. Great ideas for getting the kids involved in the kitchen. Plant-rich meals to encourage good eating habits for life. Ideas for fussy eaters and getting kids to love vegies. Quick healthy breakfasts, lunch boxes and snacks, for fuel on the run. Tips for savvy shopping, storing and freezing.

Feeling Good David D. Burns,1981 Explains how each individual can learn to control their moods through controlling the thought processes and changing the patterns of how things are perceived.

The Last Lecture Randy Pausch,2008-04-08 After being diagnosed with terminal cancer, a professor shares the lessons he’s learned—about living in the present, building a legacy, and taking full advantage of the time you have—in this life-changing classic. We cannot change the cards we are dealt, just how we play the hand. —Randy Pausch A lot of professors give talks titled *The Last Lecture*. Professors are asked to consider their demise and to ruminate on what matters most to them. And while they speak, audiences

can't help but mull over the same question: What wisdom would we impart to the world if we knew it was our last chance? If we had to vanish tomorrow, what would we want as our legacy? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave—Really Achieving Your Childhood Dreams—wasn't about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment (because time is all you have . . . and you may find one day that you have less than you think). It was a summation of everything Randy had come to believe. It was about living. In this book, Randy Pausch has combined the humor, inspiration and intelligence that made his lecture such a phenomenon and given it an indelible form. It is a book that will be shared for generations to come.

Meeting Dr. Feelgood Riley Baxter, 2018-03-14 Kayla Banks I'm a hardworking CEO focused on making my consulting firm a success and I had no time to look for love. But little did I know that a chance encounter would put me in the path of my destiny. My destiny came in the form of a sexy, yet arrogant and cocky asshole. With the uncommon name of Feelgood, I found he could live up to it as he proceeded to do just that, make me feel good. Make me feel things I never thought I would. I'd been hurt before and I don't trust easily. I don't know if I can or should let him in. How far is he willing to go for us to be together? Myles Feelgood I'm an orthopedic surgeon with a private practice and full calendar. I'm too busy to sustain a relationship let alone pursue a woman or fall in love. But in one conversation, she intrigued and challenged me. And I never walk away from a challenge. Her mouth said she wasn't interested but her eyes, her body language and her walk said she needed me. She needed my kiss, my embrace, my confidence, and my love. I will have her, and she will love me. My mission is simple, make her discover that my love is everything she wants and never knew she needed.

Feel Better in 5 Dr Rangan Chatterjee, 2020-09-01 It only takes five minutes to start changing your life. For good. Everyone wants to be healthy. But thanks to the unceasing distractions in modern life, virtually everyone also struggles to maintain this priority. And thanks to a flood of conflicting opinions and complicated programs, figuring out how to be healthy can be overwhelming. But what if all it took to make a real difference was five minutes of your day? If you've ever struggled to prioritize your health, or started an intensive plan only to stop days, weeks, or months later, it's not your fault—behavioral science shows that most plans simply aren't built to last. Already a #1 bestseller in the UK, *Feel Better in 5* outlines a daily five-minute plan that is easy to follow, easy to maintain, and requires minimum willpower. From Dr. Rangan Chatterjee, a pioneer in the emerging field of progressive medicine and star of BBC's *Doctor in the House*, *Feel Better in 5* draws on his 20 years of experience, including real-life case studies from his medical practice, to identify simple, effective strategies that will help you become healthier, happier, and less stressed. Inside, discover: • A strength workout that you can do anywhere • Gut-boosting snacks you can eat on the go • Yoga moves to relax and stay supple • Breathing exercises to calm the mind To get healthy and stay that way, you need a program that doesn't force you to shape your life around its demands. *Feel Better in 5* gives you a program that shapes itself around your life. It is your daily five-minute prescription for a happier, healthier you.

Good Inside Dr. Becky Kennedy, 2022-09-13 “This book is for any parent who has ever struggled under the substantial weight of caregiving—which is to say, all of us. *Good Inside* is not only a wise and practical guide to raising resilient, emotionally healthy kids, it's also a supportive resource for overwhelmed parents who need more compassion and less stress. Dr. Becky is the smart, thoughtful, in-the-trenches parenting expert we've been waiting for!”—Eve Rodsky, New York Times bestselling author of *Fair Play* and *Find*

Your Unicorn Space Dr. Becky Kennedy, wildly popular parenting expert and creator of @drbeckyatgoodinside, shares her groundbreaking approach to raising kids and offers practical strategies for parenting in a way that feels good. Over the past several years, Dr. Becky Kennedy—known to her followers as “Dr. Becky”—has been sparking a parenting revolution. Millions of parents, tired of following advice that either doesn’t work or simply doesn’t feel good, have embraced Dr. Becky’s empowering and effective approach, a model that prioritizes connecting with our kids over correcting them. Parents have long been sold a model of childrearing that simply doesn’t work. From reward charts to time outs, many popular parenting approaches are based on shaping behavior, not raising humans. These techniques don’t build the skills kids need for life, or account for their complex emotional needs. Add to that parents’ complicated relationships with their own upbringings, and it’s easy to see why so many caretakers feel lost, burned out, and worried they’re failing their kids. In *Good Inside*, Dr. Becky shares her parenting philosophy, complete with actionable strategies, that will help parents move from uncertainty and self-blame to confidence and sturdy leadership. Offering perspective-shifting parenting principles and troubleshooting for specific scenarios—including sibling rivalry, separation anxiety, tantrums, and more—*Good Inside* is a comprehensive resource for a generation of parents looking for a new way to raise their kids while still setting them up for a lifetime of self-regulation, confidence, and resilience.

How to Be Yourself Ellen Hendriksen, 2018-03-13 Picking up where *Quiet* ended, *How to Be Yourself* is the best book you’ll ever read about how to conquer social anxiety. “This book is also a groundbreaking road map to finally being your true, authentic self.” —Susan Cain, *New York Times*, *USA Today* and nationally bestselling author of *Quiet* Up to 40% of people consider themselves shy. You might say you’re introverted or awkward, or that you’re fine around friends but just can’t speak up in a meeting or at a party. Maybe you’re usually confident but have recently moved or started a new job, only to feel isolated and unsure. If you get nervous in social situations—meeting your partner’s friends, public speaking, standing awkwardly in the elevator with your boss—you’ve probably been told, “Just be yourself!” But that’s easier said than done—especially if you’re prone to social anxiety. Weaving together cutting-edge science, concrete tips, and the compelling stories of real people who have risen above their social anxiety, Dr. Ellen Hendriksen proposes a groundbreaking idea: you already have everything you need to succeed in any unfamiliar social situation. As someone who lives with social anxiety, Dr. Hendriksen has devoted her career to helping her clients overcome the same obstacles she has. With familiarity, humor, and authority, Dr. Hendriksen takes the reader through the roots of social anxiety and why it endures, how we can rewire our brains through our behavior, and—at long last—exactly how to quiet your Inner Critic, the pesky voice that whispers, Everyone will judge you. Using her techniques to develop confidence, think through the buzz of anxiety, and feel comfortable in any situation, you can finally be your true, authentic self.

The Happiness Trap Russ Harris, 2013 A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment – now updated. International bestseller, ‘The Happiness Trap’, has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harries, reveals how millions of people are unwittingly caught in the ‘The Happiness Trap’, where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new

approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

The Doctor's Kitchen Rupy Aujla, 2017-12-18 'I'm just a straight-talking NHS doctor lending my unbiased opinion on healthy eating and showing everybody how to get phenomenal ingredients on their plates everyday.' Dr Rupy Aujla's first cookbook, *The Doctor's Kitchen*, is the go-to book to help you kick unhealthy faddy diets for good. In the book, Rupy, explains the principles of healthy living in a fun and relatable way with over 100 vibrant, tasty recipes steeped in medical science which are easy and inexpensive to make. The impact of lifestyle on illness has never been higher on the national agenda and Rupy believes that what we choose to put on our plates is the most important health intervention we can make. *The Doctor's Kitchen* stands out from the crowd by using medical knowledge to create the recipes. Rupy advocates Plates over Pills every time and he is living proof that what you eat can shift medical outcomes as he overhauled his own heart condition by addressing his diet and creating his own delicious food that he now shares in this book. Infused with flavours from around the world, this tasty selection of everyday meals makes healthy eating an absolute pleasure.

Ultimate Shred Machine Chris Zoupa, Joseph Alexander, 2018-06-12 The ultimate guide to mastering shred guitar technique with Chris Zoupa. Forget the 'vanilla' guides and make way for the *Ultimate Shred Machine*! This no-nonsense guide cuts through the misinformation surrounding these techniques and teaches the essential skills to super-charge your playing.

Hardwiring Happiness Rick Hanson, PhD, 2016-12-27 With New York Times bestselling author, Dr. Hanson's four steps, you can counterbalance your brain's negativity bias and learn to hardwire happiness in only a few minutes each day. Why is it easier to ruminate over hurt feelings than it is to bask in the warmth of being appreciated? Because your brain evolved to learn quickly from bad experiences and slowly from good ones, but you can change this. Life isn't easy, and having a brain wired to take in the bad and ignore the good makes us worried, irritated, and stressed, instead of confident, secure, and happy. But each day is filled with opportunities to build inner strengths and Dr. Rick Hanson, an acclaimed clinical psychologist, shows what you can do to override the brain's default pessimism. *Hardwiring Happiness* lays out a simple method that uses the hidden power of everyday experiences to build new neural structures full of happiness, love, confidence, and peace. You'll learn to see through the lies your brain tells you. Dr. Hanson's four steps build strengths into your brain to make contentment and a powerful sense of resilience the new normal. In just minutes a day, you can transform your brain into a refuge and power center of calm and happiness.

Delve into the emotional tapestry woven by in Experience **Dr Feel Good** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

Table of Contents Dr Feel Good

1. Understanding the eBook Dr Feel Good
 - The Rise of Digital Reading Dr Feel Good
 - Advantages of eBooks Over Traditional Books
2. Identifying Dr Feel Good
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Dr Feel Good
 - User-Friendly Interface
4. Exploring eBook Recommendations from Dr Feel Good
 - Personalized Recommendations
 - Dr Feel Good User Reviews and Ratings
 - Dr Feel Good and Bestseller Lists
5. Accessing Dr Feel Good Free and Paid eBooks
 - Dr Feel Good Public Domain eBooks
 - Dr Feel Good eBook Subscription Services
 - Dr Feel Good Budget-Friendly Options
6. Navigating Dr Feel Good eBook Formats
 - ePub, PDF, MOBI, and More
 - Dr Feel Good Compatibility with Devices
 - Dr Feel Good Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Dr Feel Good
 - Highlighting and Note-Taking Dr Feel Good
 - Interactive Elements Dr Feel Good
8. Staying Engaged with Dr Feel Good
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
- Following Authors and Publishers Dr Feel Good
9. Balancing eBooks and Physical Books Dr Feel Good
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Dr Feel Good
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Dr Feel Good
 - Setting Reading Goals Dr Feel Good
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Dr Feel Good
 - Fact-Checking eBook Content of Dr Feel Good
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Dr Feel Good Introduction

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