

### A Barefoot Doctors

Mental Institutions in America: Social Policy to 1875 examines how American society responded to complex problems arising out of mental illness in the nineteenth century. All societies have had to confront sickness, disease, and dependency, and have developed their own ways of dealing with these phenomena. The mental hospital became the characteristic institution for individuals seemingly incapable of caring for themselves during protracted periods of incapacitation.The services rendered by the hospital were of benefit not merely to the afflicted individual but to the community. Such an institution embodied a series of moral imperatives by providing humane and scientific treatment of disabled individuals, many of whose families were unable to provide institutional care. Yet the mental hospital has always been more than simply an institution that offered care and treatment for the sick and disabled. Its structure and functions have usually been linked with a variety of external economic, political, social, and intellectual forces, if only because the way in which a society handled problems of disease and dependency reflected its criteria for institutionalization, the financial and administrative structures governing hospitals, the nature of the decision-making process, differential care and treatment of various socio-economic groups were issues that transcended strictly medical and scientific considerations. Mental Institutions in America attempts to interpret the mental hospital as a policy toward dependent groups such as the mentally ill. This classic text brilliantly studies the past in depth and on its own terms.

A profound, poignant story of a village healer and her community, from one of the world's great contemporary novelists “A complex and illuminating portrait of a group of healers in China . . . [that] offers profound insights about what it means to pursue and live a fulfilling life.”—Publishers Weekly “A barefoot doctor herself, [Can Xue] has a unique and powerful way of intertwining, and she uses her own experiences to make this novel feel more personal.”—Emily Park, Booklist In rural Yun Village, herbalist Mrs. Yi lives with her husband in a cottage at the foot of Niulan Mountain, where she gathers herbs to treat the ailments of the villagers by day and studies medicine by night. Sickness and herbs are lovers, she tells her patients, while, she hopes to find a worthy successor to take up her mantle. As curious younger villagers observe Mrs. Yi and begin imitating her work—planting gardens and studying the art of healing—they soon discover that the line dividing life from death is porous, and the mountain is more mysterious than they ever knew. Drawing on her experiences as a barefoot doctor, she explores the in-between spaces: between the living and the dead, healer and sick, nature and us.

Only fifty years ago, Tibetan medicine, now seen in China as a vibrant aspect of Tibetan culture, was considered a feudal vestige to be eliminated through government-led social transformation. Medicine and Memory in Tibet examines medical revivalism on the geographic and sociopolitical margins both of China and of Tibets medical establishment in Lhasa, exploring the role of Houses in the west-central region of Tsang. Due to difficult research access and the power of state institutions in the writing of history, the perspectives of more marginal amchi have been absent from most accounts of Tibetan medicine. Theresia Hofer breaks new ground both theoretically and ethnographically, in ways that would be impossible in todays more repressive Tibet. She illuminates how medical practitioners safeguarded their professional heritage through great adversity and personal hardship.

Plagues and the Paradox of Progress

Thunk!

Barefoot Doctor's Handbook for Modern Lovers

Amchi Physicians in an Age of Reform

The Barefoot Doctors of the People's Republic of China

Barefoot Doctors and Western Medicine in China

*Ever wish you could stop your mind from working overtime? Thinking too much is very stressful, potentially causes physical conditions and has a massive impact upon your peace of mind and productivity. Your mind is a remarkable tool that you are meant to ‘pick up’ and use when required, and then ‘put down’ when you’re done thinking. However, if you cannot stop thinking whenever you want, then you are not thinking—instead you are being THUNK! With this fun and enlightening book, meditation teacher Sandy C. Newbigging shares advice and exercises for changing your relationship with your mind so that you can enjoy the serenity and success that comes from freeing yourself from thinking too much.*

*Farewell to the God of Plague reassesses the celebrated Maoist health care model through the lens of Mao’s famous campaign against snail fever. Using newly available archives, Miriam Gross documents how economic, political, and cultural realities led to grassroots resistance. Nonetheless, the campaign triumphed, but not because of its touted mass-prevention campaign. Instead, success came from its unacknowledged treatment arm, carried out jointly by banished urban doctors and rural educated youth. More broadly, the author reconsiders the relationship between science and political control during the ostensibly antiscientific Maoist era, discovering the important role of “grassroots science” in regime legitimation and Party control in rural areas.*

*Using the ancient universal art of wei wu wei magic Taoism was first renowned in the West among hippies for its magic – the ability to make things manifest with great ease, hardly without even having to twitch your nose to make things happen.*

A Spiritual Survival Guide

Tao of Manifestation

Health Care Transformation in Contemporary China

Experiences with the Philippine Rural Reconstruction Movement

The Barefoot Woman

Why the World Is Getting Healthier in Worrisome Ways

In the pages of this riveting book, The Barefoot Doctor charts his 25 years of training with some of the most inspiring and innovative teachers and gurus of their generation. You'll meet a man who could drive with his eyes closed, the yogi who actually emitted light when meditating, the Tai Chi teacher who could throw people across the room with one finger, and luminaries such as R. D. Laing and Ram Dass. In addition, you'll encounter colorful characters like Geronimo's grandson and Psycho Dan, who's on the lam for tearing off a man's ears with his bare hands! Recounting a journey that takes him from urban London to the back alleys of Hong Kong, to the mystical mountains of New Mexico and back again, The Barefoot Doctor achieves something unique: he tells ripping yarns about real-life spiritual leaders that also succeed in passing on the essence of their teachings. As well as being hugely entertained, you'll come away inspired to start living by your own intuition so you can create an incredible life for yourself. Draws on the principles of the ancient Chinese philosophy to explain how readers can incorporate them into their own lives in order to promote sexual health and introduces a series of techniques that blend Eastern practices with modern knowledge of physiology that take sex to a whole new level. Original.

Why the news about the global decline of infectious diseases is not all good. Plagues and parasites have played a central role in world affairs, shaping the evolution of the modern state, the growth of cities, and the disparate fortunes of national economies. This book tells that story, but it is not about the resurgence of pestilence. It is the story of its decline. For the first time in recorded history, virus, bacteria, and other infectious diseases are not the leading cause of death or disability in any region of the world. People are living longer, and fewer mothers are giving birth to many children in the hopes that some might survive. And yet, the news is not all good. Recent reductions in infectious disease have not been accompanied by the same improvements in income, job opportunities, and governance that occurred with these changes in wealthier countries decades ago. There have also been unintended consequences. In this book, Thomas Bollyky explores the paradox in our fight against infectious disease: the world is getting healthier in ways that should make us worry. Bollyky interweaves a grand historical narrative about the rise and fall of plagues in human societies with contemporary case studies of the consequences. Bollyky visits Dhaka—one of the most densely populated places on the planet—to show how low-cost health tools helped enable the phenomenon of poor world megacities. He visits China and Kenya to illustrate how dramatic declines in plagues have affected national economies. Bollyky traces the role of infectious disease in the migrations from Ireland before the potato famine and to Europe from Africa and elsewhere today. Historic health achievements are remaking a world that is both worrisome and full of opportunities. Whether the peril or promise of that progress prevails, Bollyky explains, depends on what we do next. A Council on Foreign Relations Book

The Taoist Way to Do Real Magic

A Spiritual Guide to Truly Amazing Love and Sex

Translation of a Chinese Instruction to Certain Chinese Health Personnel

The Barefoot Surgeon

Moral Experience in a Socialist Neoliberal Polity

The inspirational story of Dr Sanduk Ruit, the eye surgeon giving sight and hope to the world's poor

*This multifaceted book examines the free market reform of the Chinese healthcare system in the 1980s and the more collectivist or socialist counter-reforms that have been implemented since 2009 to remedy some of the problems introduced by marketization. The book is based on an ethnographical study in a Chinese county from 2011 to 2012, which investigated local people’s experience of healthcare reforms and the various ways in which they have adapted their own behavior to the constraints and opportunities introduced by these reforms. It provides a vivid depiction of the morality and emotionality of people’s experiences of the Chinese healthcare system and the myriad frustrations and sometimes desperation it induces not only among patients with significant health problems and their families, but also healthcare practitioners caught between their desire to do right by their patients and the penalties they personally incur if they do not adhere to institutionalized cost-saving measures. The people’s experiences within China’s health sector presented reflect many similar experiences in the wider Chinese society. The book is thus a valuable resource for researchers and graduate students interested in China’s healthcare reforms and scholars concerned with issues of contemporary Chinese society.*

*The American translation of the official Chinese paramedical manual, first published in 1977, is now available in a compact format. Unique in its integration of Western and traditional Chinese medicine, the manual was first prepared by medical authorities in the People's Republic of China in the 1950s, and is based on the theory of the balance of life. The Chinese health care system is deeply rooted in a traditional, agricultural way of life, but since the late 1970s it has been increasingly influenced by the dynamics of a modernizing society. Dr. Rosenthal, using data collected through interviews, small-scale surveys, and the Chinese press, examines how Chinese medicine is being transformed. She Moving Toward Modernization*

*A Concise Edition Of The Classic Work Of Eastern Herbal Medicine*

*A Blind Man's Fight for Justice and Freedom in China*

*Chairman Mao’s Campaign to Deworm China*

*Medicine and Memory in Tibet*

*Manifesto*

Barefoot Doctor presents the essential guide to surviving and thriving amid the growing pressures of modern urban life. Here Barefoot Doctor teaches for the first time, in a hip and accessible way, how to focus your mind, channel your energy and strengthen your spirit.

LONGLISTED FOR THE NATIONAL BOOK AWARD FOR TRANSLATED LITERATURE A moving, unforgettable tribute to a Tutsi woman who did everything to protect her children from the Rwandan genocide, by the daughter who refuses to let her family's story be forgotten. The story of the author's mother, a fierce, loving woman who for years protected her family from the violence encroaching upon them in pre-genocide Rwanda. Recording her memories of their life together in spare, wrenching prose, Mukasonga preserves her mother's voice in a haunting work of art.

Are you ready to get what you've always wanted - more money, a new job, better sex? Self-help guru and Observer columnist Barefoot Doctor brings you his witty and irreverent guide to understanding what you really want and getting it without trying.

Barefoot Doctor

Medical Care for the Masses

The People's Health

Chasing the Chinese Dream

How to Get What You Want Without Trying

Barefoot Doctors and the Ideal of East-West Integration in Cultural Revolution China

**A timeless collection of advice, operating-room wisdom, and reflections on the practice of medicine, from the “best of the writing surgeons” (Chicago Tribune). “Richard Selzer does for medicine what Jacques Cousteau does for the sea,” raved The New York Times of this extraordinary collection. “He transports the reader to a world that most of us never see, a world that is vivid and powerful, often overwhelming, occasionally fantastic.” In this collection of highly candid, insightful, and unexpectedly humorous essays, the erstwhile surgeon turned Yale School of Medicine professor addresses both the brutality and the beauty of a profession in which saving and losing lives is all in a day’s work. A number of these pieces take the form of letters offering counsel to aspiring physicians. Featuring wry and witty observations on matters of life and death, medical ethics, and the awesome responsibilities of being a surgeon, Letters to a Young Doctor should be required reading for all medical students—and anyone interested in the endless miracle that is the human body. “No one writes about the practice of medicine with Selzer's unique combination of mystery and wonder,” observed the Los Angeles Times, while The New York Times praised Selzer’s “marvelous insight and potent imagery” for making “his tales of surgery and medicine both works of art and splendid tools of instruction.”**

**Draws on the principles of the ancient Chinese philosophy to explain how readers can incorporate them into their own lives to channel one's energy, and strengthen the spirit**

**Barefoot Doctor's Guide to the TaoA Spiritual Handbook for Urban WarriorsThree Rivers Press**

**Farewell to the God of Plague**

**The Barefoot Lawyer**

**Four Decades of Following China's War on Poverty**

**The American Translation of the Official Chinese Paramedical Manual**

**Total Transformation in 3 Days**

**Invincibility Training**

Set during the French and American wars, Fourth Uncle in the Mountain is a true story about an orphan, Quang Van Nguyen, who is adopted by a sixty-four year old monk, Thau, who carries great responsibility for his people as a barefoot doctor. Thau manages, against all odds to raise his son to follow in his footsteps and in doing so, saves his son, as well as a part of Vietnam's esoteric knowledge from the Vietnam holocaust. Thau is wanted by the French regime, and occasionally must flee into the jungle, where he is perfectly at home living among the animals. Thau is not the average monk; he practices an ancient lineage of Chinese medicine and uses magic to protect animals and help people. As wise and resourceful as Thau is, he meets his match in his mischievous son. Quang is more interested in learning Cambodian sorcery and martial arts than in developing his skills and wisdom according to his father's plan. Fourth Uncle in the Mountain is an odyssey of a single-father folk hero and his foundling son in a land ravaged by the atrocities of war. It is a classic story, complete with humor, tragedy, and insight from a country where ghosts and magic are real.

The first study in English that examines barefoot doctors in China from the perspective of the social history of medicine.

'A true insight into my remarkable friend Dr Sanduk Ruit.' - Gabi Hollows 'He reminds me of Don Bradman. They both have a God-given talent and skill...' - Ray Martin 'If I've done one thing in life I'm proud of, it's launching Ruit into the world'. - Fred Hollows 'One of the greatest people I've ever met.' - Joel Edgerton 'I've known Dr Sanduk Ruit for over thirty years. He is one of our greatest living eye surgeons and humanitarians... Watching him give the gift of sight is like watching someone give a second life.' - Richard Gere Inspiring and uplifting, this is the extraordinary story of Dr Sanduk Ruit who, like his mentor Fred Hollows, took on the world's medical establishment to give the life-changing gift of sight to hundreds and thousands of the world's poorest and most isolated people. It is the story of a boy from the lowest tiers of a rigid caste system who grew up in a tiny, remote Himalayan village with no school to become one of the most respected ophthalmologists in the world and a medical giant of Asia. Compelling and compassionate, it is also the story of a young doctor who became Fred Hollows' medical soul mate and who chose to defy the world's medical establishment and the lure of riches to make the world a better place.

Health Care In The People's Republic Of China

Current Critical Care Diagnosis & Treatment

Fourth Uncle in the Mountain

Health Intervention and Delivery in Mao's China 1949-1983

Social Policy to 1875

A Memoir of a Barefoot Doctor in Vietnam

In 1949, the Communist Party of China pledged that its approach to health care would differ markedly from that of the former Nationalist government and the "imperialist" West. For the next thirty years, under Mao's leadership, the People's Republic of China made improving the health of the entire population a central pillar of its policy. International health stakeholders came to view it as a statistical outlier in its ability to achieve better health outcomes with limited resources. The People's Health is the first systematic study of health care and medicine in Maoist China. Drawing on hundreds of files from rarely seen party archives and oral testimonies from experts, local cadres, and villagers across China, Zhou Xun shifts her historian's gaze away from official statistics towards the records of local institutions and personal memories that reflect and give voice to lived experiences. Through the everyday interactions of policy makers, national and local administration, and communities, Zhou illustrates the dynamic relationship between politics and health, and between individual lives and the political system. Presenting case studies of internationally acclaimed public health initiatives in the PRC - the anti-schistosomiasis campaign and the Barefoot Doctor program - this book offers the first thorough, politically neutral analysis of their background, execution, and national and international repercussions. Opening a unique window into the lives - and health care - of individuals living under communism, The People's Health examines the links between local interest, cultural sensibilities, resources, and abilities, exploring the often unforeseeable consequences of political planning and social engineering.

In A Barefoot Doctor's Guide for Women, Georgette Delvaux, DC, focuses on hormonal health explaining in a conversational tone how issues related to menstruation, pre-menopause, and menopause can begin as mere annoyances and gradually develop into major problems that affect both body and mind. She describes the harmful late effects of treating hormonal imbalances with artificial hormones—a popular practice—and introduces Thermography, the exciting but still little-known method of detecting dangerous changes in breast tissue. With spirit and intelligence, Dr. Delvaux takes on these and other often-taboo topics, encourages women to trust subtle changes in their own sensations, and helps them understand both alternative and conventional medicine.

This open access book explores the historical, cultural and philosophical contexts that have made anti-poverty the core of Chinese society since Liberation in 1949, and why poverty alleviation measures evolved from the simplistic aid of the 1950s to Xi Jinping's precision poverty alleviation and its goal of eliminating absolute poverty by 2020. The book also addresses the implications of China's experience for other developing nations tackling not only poverty but such issues as pandemics, rampant urbanization and desertification exacerbated by global warming. The first of three parts draws upon interviews of rural and urban Chinese from diverse backgrounds and local and national leaders. These interviews, conducted in even the remotest areas of the country, offer candid insights into the challenges that have forced China to continually evolve its programs to resolve even the most intractable cases of poverty. The second part explores the historic, cultural and philosophical roots of old China's meritocratic government and how its ancient Chinese ethics have led to modern Chinese socialism's stance that "poverty amidst plenty is immoral". Dr. Huang Chengwei, one of China's foremost anti-poverty experts, explains the challenges faced at each stage as China's anti-poverty measures evolved over 70 years to emphasize "enablement" over "aid" and to foster bottom-up initiative and entrepreneurialism, culminating in Xi Jinping's precision poverty alleviation. The book also addresses why national economic development alone cannot reduce poverty; poverty alleviation programs must be people-centered, with measurable and accountable practices that reach even to household level, which China has done with its "First Secretary" program. The third part explores the potential for adopting China's practices in other nations, including the potential for replicating China's successes in developing countries through such measures as the Belt and Road Initiative. This book also addresses prevalent misperceptions about China's growing global presence and why other developing nations must address historic, systemic causes of poverty and inequity before they can undertake sustainable poverty alleviation measures of their own.

Barefoot Doctor's Handbook for Heroes

A Spiritual Handbook for Urban Warriors

How to Think Less for Serenity and Success

Letters to a Young Doctor

Mental Institutions in America

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**Fascinating and wonderfully informative, this American translation of the official Chinese paramedical manual received great praise when we originally published it in 1977. This classic work is now available in our convenient, company Cyclopeda format. Unique in its integration of Western and traditional Chinese medicine, the manual was first prepared in the 1950s by medical authorities in the People's Republic of China. Based on the theory of homeostasis, or the balance of life, it's a valuable reference guide to herbal healing, acupuncture, acupressure, and the relationship between emotions and physical health.**

**Develop your hero qualities and use them to acquire fame and fortune in a spiritually sound fashion. Barefoot Doctor's new manual demystifies the secret Taoist path to wealth, renown and fulfilment in irreverent and high-intensity-entertainment style**

**In mid twentieth century China, during the time of the Cultural Revolution, there was a great need for medical treatment and a severe shortage of medical practitioners, especially in the countryside. To remedy this situation, workers and farmers were trained in the prevention and treatment of disease. These people were known as Barefoot Doctors. The American Barefoot Doctor's Manual was created in the spirit of these original barefoot doctors. Strategies for using Chinese Patent Medicines, LM Homeopaths, and Flower Essences are found throughout the manual. Also included in this work is an integrated form of movement therapy which opens and increases the energetics through all 14 meridians. For a limited time I will provide 1/2 hour session of Chinese Energetic Method with each purchase.**

**Barefoot Doctor's Handbook for the Urban Warrior**

**A Barefoot Doctor's Guide for Women**

**American Barefoot Doctor's Manual**

**A Barefoot Doctor's Manual**

**A Novel**

The Invincibility training will help you experience a marked increase in energy, strength, self-confidence, clarity, focus and personal power and will induce total personal transformation in 64 hours.

The Problem: How to ensure that isolated populations receive NECESSARY medical assistance, with an adequate supply of dietary supplements that improve nutritional outcomes of these populations My current focus will be on Nicaragua for several reasons. Firstly, I live here and while I am not an expert on all aspects of their health care system, I do have an acquaintance with and an appreciation for it. Secondly, Nicaragua is the second pooorest country in the Western Hemisphere. I do not present my ideas to " show them what is good for them " but rather as an attempt to have this country become a role-model for others, to be an inspiration. Thirdly, Spanish is the third most frequent first-language in the world, behind English and Mandarin Chinese. Many of my ideas would not need to be translated to have their most profound effects although my goal is to make this model accessible to all USAW ' s.

An electrifying memoir by the blind Chinese activist who inspired millions with the story of his fight for justice and his belief in the cause of freedom It was like a scene out of a thriller: one morning in April 2012, China's most famous political activist—a blind, self-taught lawyer—climbed over the wall of his heavily guarded home and escaped. Days later, he turned up at the American embassy in Beijing, and only a furious round of high-level negotiations made it possible for him to leave China and begin a new life in the United States. Chen Guangcheng is a unique figure on the world stage, but his story is even more remarkable than anyone knew. The son of a poor farmer in rural China, blinded by illness when he was an infant, Chen was fortunate to survive a difficult childhood. But despite his disability, he was determined to educate himself and fight for the rights of his country's poor, especially a legion of women who had endured forced sterilizations and abortions under the hated "one child" policy. Repeatedly harassed, beaten, and imprisoned by Chinese authorities, Chen was ultimately placed under house arrest. After nearly two years of increasing danger, he evaded his captors and fled to freedom. Both a riveting memoir and a revealing portrait of modern China, The Barefoot Lawyer tells the story of a man who has never accepted limits and always believed in the power of the human spirit to overcome any obstacle.

Supercharged Taoist

Barefoot Doctor's Guide to the Tao

Doctor to the Barrios