

Cambridge University Press  
978-1-108-72205-6 — The Handbook of Wellness Medicine  
Edited by Waguih William IsHak  
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# The Handbook of Wellness Medicine

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Edited by

**Waguih William IsHak**

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UNIVERSITY PRESS

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**CAMBRIDGE**  
UNIVERSITY PRESS

University Printing House, Cambridge CB2 8BS, United Kingdom  
One Liberty Plaza, 20th Floor, New York, NY 10006, USA  
477 Williamstown Road, Port Melbourne, VIC 3207, Australia  
314–321, 3rd Floor, Plot 3, Splendor Forum, Jasola District Centre,  
New Delhi – 110025, India  
79 Anson Road, #06–04/06, Singapore 079906

Cambridge University Press is part of the University of Cambridge.

It furthers the University’s mission by disseminating knowledge in the pursuit of education, learning, and research at the highest international levels of excellence.

[www.cambridge.org](http://www.cambridge.org)  
Information on this title: [www.cambridge.org/9781108722056](http://www.cambridge.org/9781108722056)  
DOI: 10.1017/9781108650182

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First published 2020

Printed in the United Kingdom by TJ International Ltd, Padstow Cornwall

*A catalogue record for this publication is available from the British Library.*

ISBN 978-1-108-72205-6 Paperback

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To my love Asbasia (Hanan) Mikhail-IsHak, MD, FACEP, our sons William and Michael, our parents William Makram IsHak, MD, Nawara Yacoub Dawoud-IsHak, MD, Mr. Aboelkhair Mikhail and Mrs. Aziza Mikhail, and our siblings Rafik William IsHak, MD, FRCS, Albert Mikhail, MD, and Mrs. Lamia Maalouf. For their inspiration, encouragement, and love.

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Cambridge University Press  
978-1-108-72205-6 — The Handbook of Wellness Medicine  
Edited by Waguih William IsHak  
Frontmatter  
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