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A LAYMAN S GUIDE TO COMMON PHYSICAL, MENTAL, EMOTIONAL MALADIES AND THEIR HEALING HOME REMEDIES (PAPERBACK)

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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Author DR. ANGEL V. SOMERA, M.D., F.P.P.A., graduated from the University of Santo Tomas, College of Medicine, Manila, in 1961. He specialized in Psychiatry at the University of the Philippines (UP-PGH) Medical Center in Manila. He has been an Associate Professor in Psychiatry in four Medical Schools in Cebu City, Philippines, and the Chief of the Provincial Psychiatric Hospital in Dumaguete City, in the province of Negros Oriental, Philippines. He was a Diplomate of the Philippine Board of Psychiatry and a Fellow of the Philippine Psychiatric Association. He has been a Dangerous Drugs Board Accredited Physician of the Philippines. He has attended Psychiatric Congresses and Conventions around the world and has been a recipient of a Humanitarian Service Award, plus several Special and Appreciation Certificate Awards from various professional groups and civic organizations. Dr. Somera has been an active socio-economic leader in his community. He was once the President of the Queen City Lions Club of Cebu. He used to be a National Lecturer on Stress Management during Psychiatric convention. He was also nationally well-known for his write-up on Killer Stress published in a leading magazine put up by a drug company, and a book on 45 Ways of Busting Stress, which became a popular seller. The Psychiatrist is also a member of the Focolare movement, a religious organization. He is a strong advocate of holistic healing as one of the best forms of psychiatric management. He is a lifetime member of the YMCA. Dr. Lito, as he is called by love ones and friends, hails from Valencia, an inland town west of the provincial capital, Dumaguete City. The good doctor and his family have established residence in Dumaguete where he...



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