

## *Dr. Goldman's Book Reviews*

### **WHY NORMAL ISN'T HEALTHY**

How to Find Heart, Meaning, Passion & Humor on the  
Road Most Traveled

By

**Bowen F. White, M.D.**

Stress Technologies 2003

There is much that is done by the average American that is unhealthy, self destructive, and leads to unhappiness. Dr. Bowen White gives many lectures dressed as a clown. He practices general medicine and I am sure his patients love him. Life is full of people who are chronically unhappy. You may be one of them. Dr. White is giving observations and advice on facing life with humor, equanimity and grace.

This book was written for physicians to help them lighten up, accept their own imperfections and be more human with their patients, family and friends. I recommend it.

Robert P. Goldman, M.D.