



For more information:
Andrea Wright Publicity@QuillDriverBooks.com
Quill Driver Books/Word Dancer Press, Inc.
1254 Commerce Avenue
Sanger, CA 93657
(559) 876-2170 • FAX (559) 876-2180 • 800-497-4909

MEDIA RELEASE

America's Most Popular Medical Columnist

America's most popular medical columnist, Peter H. Gott, M.D. and Quill Driver Books, a Fresno area publisher, have joined forces to bring the doctor to you. In his new 400 page book, *Live Longer, Live Better*, Gott addresses most common ailments including cancer, depression, sleeping problems, memory loss and toe nail fungus! With this much advice in one book it is destined to become the most useful medical tool in your home.

Most people delay visiting a doctor when they have an ailment. Why? Because they don't want to wait one to two weeks for an appointment, only to get the usual dosage of antibiotics. That's where the book comes in. If you are an avid reader of his column (it runs in the Bee six days a week) you are aware of Gott's sensitivity and accuracy to readers' questions.

Gott's advice addresses the notion that we, as a society, rely heavily on prescription drugs to help with our ailments. With the empathy of an old-fashioned doctor, Gott shares options of how individuals can cope with environmentally related depression, lack of sexual interest or emotional illness, such as anxiety.

A general internist in Connecticut since 1966, Gott is praised not only for his knowledge of medicine, but also for his support of patients' rights. With advice such as, "If your doctor keeps you waiting more than 45 minutes without good reason, send him a bill for your time," Gott embraces the needs of his readers.

Live Longer, Live Better: Taking Care of Your Health After 50 (Quill Driver Books, 400 pages, \$14.95, ISBN 1-884956-35-1) is available at libraries and bookstores or direct from the publisher online at QuillDriverBooks.com or at 1-800-497-4909.

-End-