



How to Survive Being Alive

By Elton Welke

Coffeetown Press. Paperback. Book Condition: New. Paperback. 212 pages. Dimensions: 8.0in. x 5.0in. x 0.5in. In 1977, the theory that stress, positive as well as negative, could lead to accidents or illnesses was far outside the mainstream. How could a pleasurable and exciting event such as a promotion, a marriage, a financial windfall, a vacation, or even Christmas be a bad thing? In their book, *How to Survive Being Alive*, authors Elton Welke and the late Dr. Donald L. Dudley put in plain language what many doctors had always suspected: that the body responds to life's highs and lows by lowering its defenses. Dudley and Welke's introduction of life-change scales to laymen clearly identified the possible consequences of experiencing too many changes all at once or making drastic revisions in life-style. They included the Social Readjustment Rating Scale, first created by psycho-physiologists Thomas H. Holmes and Richard H. Rahe, which provided a practical means of measuring the stress-related consequences that certain events and milestones can precipitate. *How to Survive Being Alive* dramatically and permanently changed the dialog between doctor and patient. As a direct result of its publication in 1977, many more doctors began to consider the physical and mental states of...



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