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Quick takes on health: *The Healthcare Survival Guide*

By Chris Swingle

A new book — available for free download for a limited time — outlines health care cost-saving options for people who are suddenly unemployed or anyone else looking to cut costs.

Martin B. Rosen and Dr. Abbie Leibowitz, former executives at health insurers, co-founded Health Advocate Inc. and co-wrote *The Healthcare Survival Guide*.

See www.healthcaresurvivalguide.com or Amazon.com sells the 72-page paperback.

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