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## **Quick takes on health: *The Healthcare Survival Guide***

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](http://www.healthcaresurvivalguide.com) or Amazon.com sells the 72-page paperback.

Chris Swingle, compiled this column.

[www.democratandchronicle.com/article/20091118/LIVING/911180323/1032](http://www.democratandchronicle.com/article/20091118/LIVING/911180323/1032)