



Defend Yourself!: How to Protect Your Health, Your Money, And Your Rights in 10 Key Areas of Your Life

Mark J. Green, Kevin McCarthy, Lauren Strayer

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Talk Back / Fight Back

Patient, client, employee, small business owner, taxpayer, investor, consumer—it's time to defend yourself! Why should anyone tolerate an HMO not paying for his emergency surgery because he didn't give notice beforehand or accept a higher auto insurance rate because she lives in a low-income community? A large body of laws and regulations exists to give average workers and consumers the tools to talk back and fight back.

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