Dr. Timothy McCall’s career has included three phases: practicing internal medicine, advising and advocating for health care consumers and exploring yoga and holistic healing. To survive the next phase — metastatic head and neck cancer — he would need all he’d learned, plus the wealth of information he uncovered before, during and after cancer treatments that, again and again, allowed him to refine his approach. Set in both the U.S. and India, Saving My Neck: A Doctor’s East/West Journey through Cancer is the story of that journey of discovery.

Timothy McCall, MD is a board-certified internist and the author of two critically-acclaimed books, Examining Your Doctor and the bestselling Yoga as Medicine. He practiced medicine for more than 10 years in the Boston area before devoting himself full time in the year 2000 to researching and writing about yoga therapy and the related field of Indian Ayurvedic medicine. Yoga Journal’s medical editor since 2002, Timothy is possibly the only person whose work has appeared in both The New England Journal of Medicine and the poetry journal, Exquisite Corpse.