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## Press Release

For Immediate Release

March 18<sup>th</sup>, 2016

### TIMELESS RESOURCE ON: "WHY WE DO WHAT WE DO"

Dateline: College Station, Texas

Dr. Alan Xenakis, MD announced today the availability of his latest book entitled "**DOC X MD Funny Feelings**" on his new website: <http://www.docxmd.com>. "**DOC X MD Funny Feelings**" translates our most common *Funny Feelings (behaviors)* in a unique story telling style with wit, wisdom, humor and science. The timeless resource is creatively illustrated, entertaining, informative, inspirational, and motivational. The reader will find answers to those age-old questions that most folks are embarrassed to ask. Why running water makes us pee? Why mosquitoes bite us and not other folks? Why folks nod in agreement when we are talking, but don't hear a word we say? Why a certain level of road rage is almost inevitable? Why we forget what we are looking for when we travel from one room to another?

From quirky figments of our imagination to curious body talk these are just a few of countless health and medical mysteries, curiosities, and concerns, called *Funny Feelings*, which make up nearly 50% of everyone's day. *Funny Feelings* are embedded in nearly everything we see, feel, hear, taste, and smell. From business meetings, sporting events, newscasts, healthcare delivery settings, places of worship, music listening, and classroom venues, regardless of age, sex, color, or creed, all too often we have a tendency to ignore constant signals that our body is sending and receiving without really understanding what they mean.

Dr. Xenakis during his lectures, regularly emphasizes, "Throughout my medical career as a teacher, lecturer, radio & TV host, author, and now with the *Affordable Care Act's* compliance expectations, creating sound communications between patients and healthcare providers about health curiosities and concerns is vital in decreasing delay, or even avoidance of needed healthcare."

An Emmy Award winning communicator, Dr. Xenakis' NPR radio program *DOC X MD FUNNY FEELINGS* is heard weekly on KAMU-FM. More than 300 radio, TV, and print outlets including, ABC, CBS, CNN and *USA Today* featured his first book, "**Why Doesn't My Funny Bone Make Me Laugh.**" *The Wall Street Journal* ranked it as one of the decade's top ten wellness books.

"**Doc X MD Funny Feelings,**" is currently available on <http://www.docxmd.com>

It is also available on Amazon.com at:

[http://www.amazon.com/s/ref=nb\\_sb\\_noss?url=search-alias%3Daps&field-keywords=Doc+x+md+Funny+Feelings&rh=i%3Aaps%2Ck%3ADoc+x+md+Funny+Feelings](http://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Daps&field-keywords=Doc+x+md+Funny+Feelings&rh=i%3Aaps%2Ck%3ADoc+x+md+Funny+Feelings).

Hear *Doc X MD's Funny Feelings* three minute audio vignettes podcast on NPR at:

[http://kamu.tamu.edu/fmlocal/EpisodeList.php?show\\_id=1302023838](http://kamu.tamu.edu/fmlocal/EpisodeList.php?show_id=1302023838)

Visit <http://www.docxmd.com> for contact details, photos, and author requests.

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