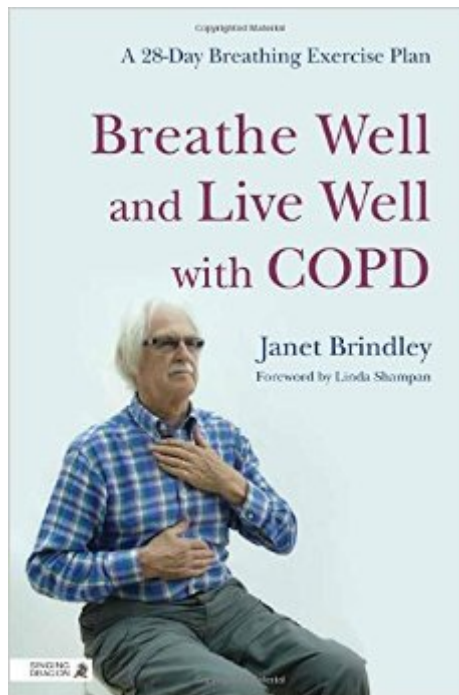


The book was found

Breathe Well And Live Well With COPD: A 28-Day Breathing Exercise Plan



Synopsis

Practising regular breathing exercises helps to develop healthy breathing patterns, which can lessen the effects of breathing difficulties caused by COPD (Chronic Obstructive Pulmonary Disease). This is a short, practical guide to using new therapeutic breathing exercises which focus on techniques to reduce breathlessness and control coughing to help you to get the most out of every breath. The exercises are simple, easy to follow, and designed to work alongside usual medical care. No special equipment is necessary, you can practise in your own home at your own pace, and this illustrated guide contains all the information you need to get started. This handbook will be perfect for anyone with COPD who wants to help manage their breathing difficulties, coughing and fatigue with simple and effective techniques. Professionals working with COPD sufferers, such as physiotherapists, physical therapists and carers, will also find the book of interest.

Book Information

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Best Sellers Rank: #946,395 in Books (See Top 100 in Books) #115 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #124 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory #1437 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

I LOVE IT!! just wish I had known these things several years ago --but better now than never!!!!

Excellent information!

I'm so glad I got this book. The exercises are easy to do sitting down. And they really do improve breathing.

Very good book. It has helped a lot. Good information in it and an easy read. I am still trying some of the things they recommend. But the breathing recommendations have helped in every day things such as walking up and down stairs, walking in yard and working in the house. I would say this needs to be read by every COPD person. Can't wait to see how all the exercises help.

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Breathe: Restore Natural Breathing According to Your Body's Design and Improve Physical, Mental, and Emotional Health
How to Live Well Without Owning a Car: Save Money, Breathe Easier, and Get More Mileage Out of Life
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