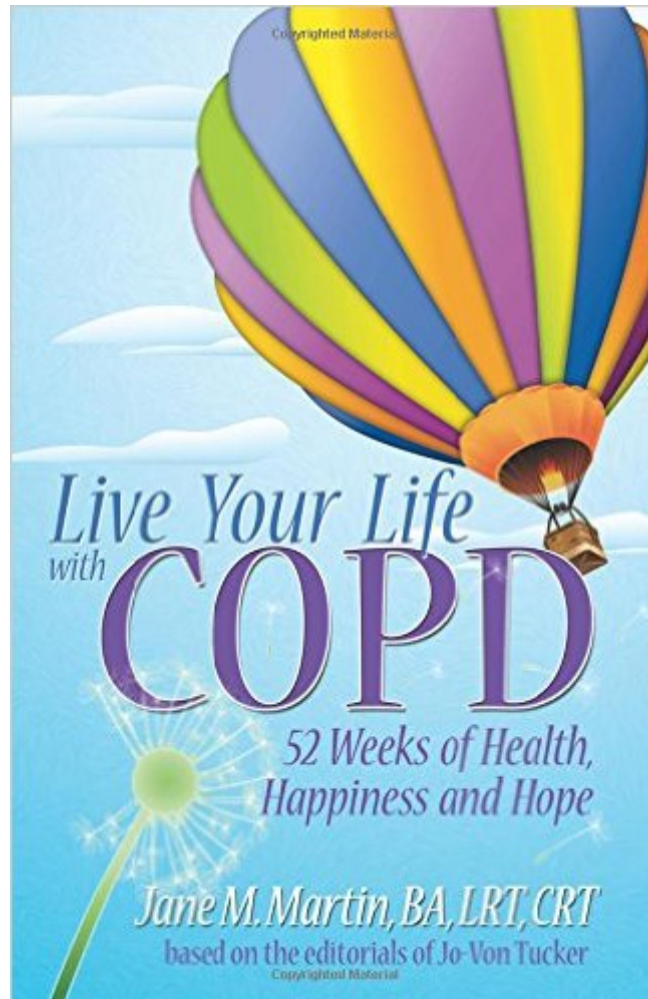


The book was found

Live Your Life With COPD- 52 Weeks Of Health, Happiness And Hope



Synopsis

Live Your Life with COPD 52 Weeks of Health, Happiness and Hope is your guide to living well with Chronic Obstructive Pulmonary Disease.

Book Information

Paperback: 364 pages

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Product Dimensions: 5.5 x 0.8 x 8.5 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (31 customer reviews)

Best Sellers Rank: #318,720 in Books (See Top 100 in Books) #35 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #41 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

Customer Reviews

I am a person with COPD and first read Jane Martin's book, "Breathe Better, Live in Wellness" and related to how the people in the stories dealt with their lung issues. When I found out that Jane wrote another book about COPD I became so excited and I couldn't wait to read it. When I received "Live Your Life with COPD-52 Weeks of Health Happiness and Hope" I read it all the way through...and now I'm going back and reading it for each week for the year I am in. Each week I read one section and use what I've learned. "Live Your Life with COPD" covers everything - what is COPD, and so many ways to live with it. I need the knowledge that the book gives me, and the encouragement that I can live with COPD. It gives a patient as myself ways to cope when my shortness of breath is a little more than usual or when scary questions pop in my head and I need encouragement to get thru that day. I learned that I will have good and bad days and I am still learning its ok to have a bad day. Even though I can't do everything I did before my diagnosis, I can use the tips on how to live with COPD; what to do if I'm short of breath, taking my medications, coping with denial, anxiety and oxygen. I am not on Oxygen but if I had to be I've learned that I should not be ashamed to wear it. I use to be ashamed of my rescue inhaler but it gives me relief, so I use it. The book also teaches me how to talk with my doctor and with family members who don't understand; about how it feels to have COPD, my fears, and to find out how they feel. I recommend "Life Your life with COPD" and

think Doctors should read it themselves so they know how it truly is every day to live with a chronic illness and how difficult it can be for young or old to live with COPD.

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Live Your Life With COPD- 52 Weeks of Health, Happiness and Hope Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) Breathe Well and Live Well with COPD: A 28-Day Breathing Exercise Plan Sixto Diaz Rodriguez's Philosophy: Rodriguez's eBook Guide to Happiness (How to Live Before Dying, How to Live Before You Die; Leadership for our Times) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Positive Options for Living with COPD: Self-Help and Treatment for Chronic Obstructive Pulmonary Disease (Positive Options for Health) 4 Weeks of Fabulous Paleolithic Breakfasts (4 Weeks of Fabulous Paleo Recipes Book 1) THE LUPUS SCANDAL!! HOW A HORRIFYING DISEASE CAN BE EASILY CURED IN 7 WEEKS WEEKS WITH HIGH DOSES OF VITAMIN D3 Live Your Life, Not Your Diagnosis: How to Manage Stress and Live Well with Multiple Sclerosis COPD: Answers to Your Questions Simple Life: Declutter Challenge - Cleaning & Organizing Your Life with Feng Shui (For Health, Happiness, Less Stuff, Cleaner Home, More Money) by New Free World Books Live Right and Find Happiness (Although Beer is Much Faster): Life Lessons and Other Ravings from Dave Barry Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change The Aromatherapy Bronchitis Treatment: Support the Respiratory System with Essential Oils and Holistic Medicine for COPD, Emphysema, Acute and Chronic Bronchitis Symptoms (The Secret Healer Book 6) Natural Therapies for Emphysema and COPD: Relief and Healing for Chronic Pulmonary Disorders The COPD Solution: A Proven 10-Week Program for Living and Breathing Better with Chronic Lung Disease The Complete Guide to Understanding and Living with COPD: From A COPDer's Perspective COPD Exercises 2013: 50 Activity Ideas for Chronic Obstructive Pulmonary Disease Patients Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life

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