


[DOWNLOAD](#)


Positive Options for Living with Copd: Self-Help and Treatment for Chronic Obstructive Pulmonary Disease (Hardback)

By Teri Allen

Hunter House Publishers, United States, 2010. Hardback. Book Condition: New. 216 x 140 mm.

Language: English . Brand New Book ***** Print on Demand *****.The diagnosis of chronic obstructive pulmonary disease (COPD) can be devastating. It s important to note, though, that while COPD is debilitating, it is not a death sentence. With proper disease management, people with COPD can expect to live a full and happy life. While there are no magic pills or quick fixes, there are many things COPD sufferers can do to have more energy, less shortness of breath, and an overall better quality of life despite breathlessness or use of home oxygen. This comprehensive guide helps people in any stage of COPD learn to work with their physical limitations rather than against them. Compassionate and clearly written, it covers every aspect of the disease, including the psychological and emotional issues that go along with having COPD, medications and physical therapy, identifying triggers and warning signs, creating an action plan for worsening symptoms, techniques to make breathing easier, working with healthcare providers, and much more.



[READ ONLINE](#)

[4.45 MB]

Reviews

An extremely awesome publication with lucid and perfect explanations. It is actually written in basic phrases rather than confusing. You will like how the writer publishes this book.

-- **Melody Jakubowski**

Very good eBook and beneficial one. It generally is not going to price a lot of. I discovered this eBook from my i and dad advised this book to learn.

-- **Tyrel Bartell**

Other Books



[Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: \(Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures\)](#)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



[Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?](#)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds...



[Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good about Yourself](#)

Free Spirit Publishing Inc., U.S. Paperback / softback. Book Condition: new. BRAND NEW, Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good about Yourself, Scott Cooper, What if every kid...



[No Friends?: How to Make Friends Fast and Keep Them](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends? Are you tired of not having any friend and being lonely all the time...



[How to Make a Free Website for Kids](#)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



[Read Write Inc. Phonics: Blue Set 6 Non-Fiction 2 How to Make a Peach Treat](#)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 205 x 74 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...