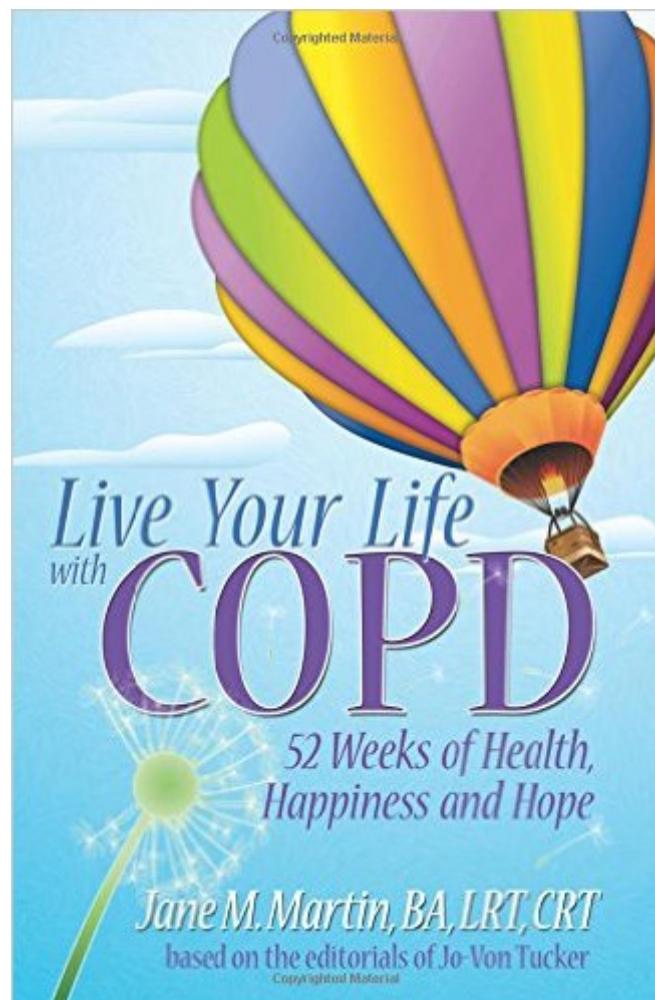


The book was found

# 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 starsÂ  See all reviewsÂ  (31 customer reviews)

Best Sellers Rank: #318,720 in Books (See Top 100 in Books) #35 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #41 inÂ  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 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) 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) Positive Options for Living with COPD: Self-Help and Treatment for Chronic Obstructive Pulmonary Disease (Positive Options for Health) Live Your Life, Not Your Diagnosis: How to Manage Stress and Live Well with Multiple Sclerosis 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 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 COPD: Answers to Your Questions 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 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 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

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