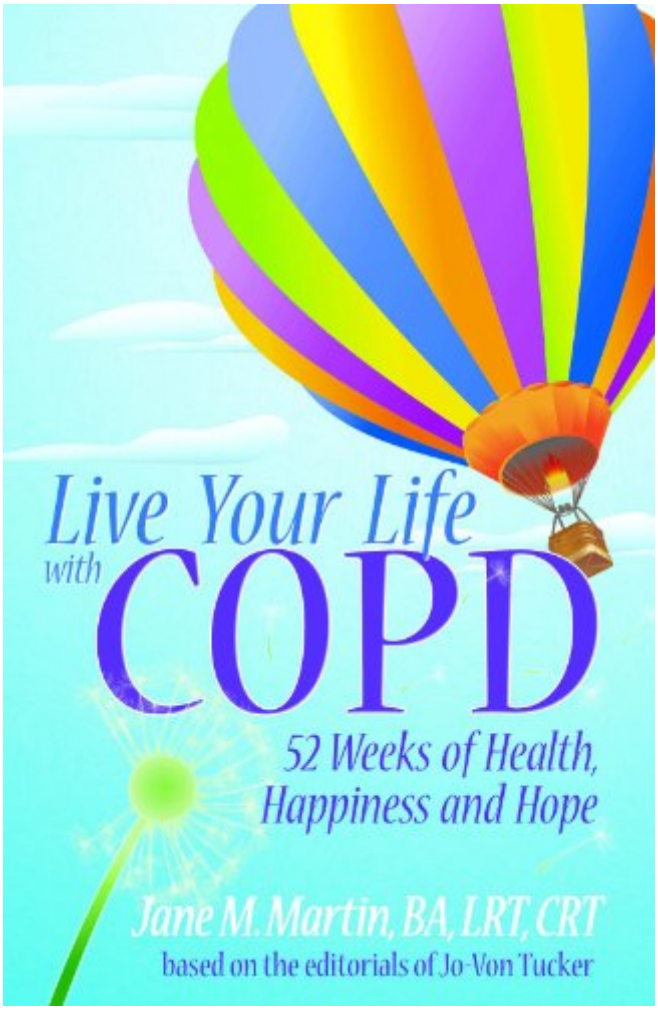
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Live Your Life With COPD– 52 Weeks Of Health, Happiness And Hope



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Synopsis

Live Your Life with COPD Ã¢â ¬â œ 52 Weeks of Health, Happiness and Hope is your guide to living well with Chronic Obstructive Pulmonary Disease. ThereÃ¢â ¬â„¢s a lot to learn when youÃ¢â ¬â„¢ve got COPD Ã¢â ¬â œ Live Your Life will show you what you need to know and help you put it into practice. Each week youÃ¢â ¬â„¢ll discover something new: Information on breathing techniques, medications, exercise, oxygen, nutrition and moreÃ¢â ¬Â¦as well as thoughtful perspectives, joyful inspiration and endless empowerment. Whether you were diagnosed ten years ago, or just yesterday, you can find your best life with COPD Ã¢â ¬â œ a life of Health, Happiness and Hope.

Book Information

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Customer Reviews

3rd COPD book I've read this week. The only one worth your time and Money. It is well written, stays on topic and offers lots of help to COPD patient, caregivers and family members.

Very good book. Have had COPD 14 years and this book still had information I either didn't know or didn't think about. It also is a very positiveforward looking book. I would have given it 5 stars if it had covered the end of the journey in deeper detail.

This book was so helpful in giving me more information about COPD. I was diagnosed a year ago and have had trouble excepting the diagnosis. I have NEVER smoked but grew up in a household of smokers ... suffered asthma as a child. It was sad to know the lady that helped write this book passed on but reading how long she lived with her diagnosis and helping others ... and then helping to write the book with Jane was truly a blessing for all of us with COPD and a better understanding. thank you ... Bonnie

Do yourself a favor and buy this book. (That's the short version of my review. LOL)When my friend told me of the seriousness of her CoPD, I could hear how depressed & discouraged she was. I didn't know what to do or how to be of support. So I went to my local library to research a bit about CoPD so I could understand better. It was there that I found this amazing book. When I read the great reviews here, I decided to buy her a copy for New Year's (which worked out very nicely with the layout of this book) along with a CoPD Exercise Dvd (if interested, see my other review).This book has lifted her spirits. Unfortunately, she had previously read sections of a book called "CoPD for Dummies" and it really depressed her. She kept "referencing" that book to me, explaining all the doom and gloom. I told her to burn it in her fireplace. Not to invalidate her feelings, but she's someone who sees the bright side usually. And that book had her pulling the covers over her head and not feeling like there was anything she could do about it.This Book, "Live Your Life with COPD-52 Weeks of Health, Happiness and Hope" allows the reader to be a participant in their own recovery by offering gentle, guided questions at the end of each small, easy to read chapter. What's not to like about that? My friend became enthusiastic, encouraged, hopeful as a result of this book.She is now beginning to accept her diagnosis and she is becoming proactive in her recovery. My friend is now looking to buy a treadmill -- isn't that fantastic?! :)Thank goodness for realistic, encouraging books like this one.

My sister is battling COPD and I ordered this book to try and understand the disease and how to cope with it. It is full of information on the disease. I haven't read the entire book, but what I've read has been very helpful. I'm very glad I ordered this book.

This is an excellent book. I wish I had unlimited wealth so that I could provide copies to everyone I know who has COPD.

Live Your Life With COPD- 52 Weeks of Health, Happiness and Hope-I have had COPD for several years and found this a great source of some new ideas that can help me cope better with COPD and also a good refresher on some of the things I had previously learned in pulmonary rehab.

its one those books, if you pick it up,you cant put it down, especially when she was describing how COPD affected her friend, worth buying as those with this disease are learning something new all time,so yes but a copy,

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Disease The Complete Guide to Understanding and Living with COPD: From A COPDer's Perspective The Complete Guide to Understanding and Living with COPD: From A COPDer's Perspective of Martin, R. D. 1st (first) Edition on 17 March 2010 Living With COPD (Chronic Obstructive Pulmonary Disease): What it is and how to manage it 2017 Pocket Guide to COPD Diagnosis, Management and Prevention: A Guide for Healthcare Professionals

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