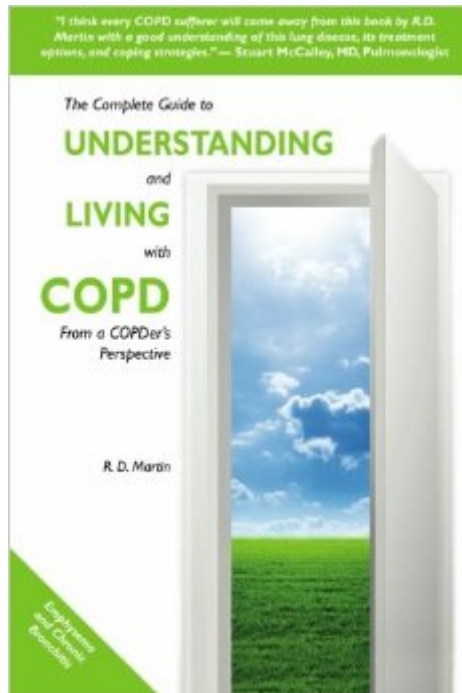


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# The Complete Guide To Understanding And Living With COPD: From A COPDer's Perspective



## Synopsis

R. D. Martin, who has lived with COPD for over two decades, has authored *The Complete Guide to Understanding and Living with COPD: From a COPDer's Perspective*, a survival and self-help guide that goes far beyond clinical information and into the heart of living with this disease. Martin, who considers himself more than just a patient, reminds readers page after page that knowledge is more than power—it minimizes fear of the disease and the uncertainty regarding the future, while maximizing the ability to experience a full and joyful life. He provides practical explanations about the disease and tips on how to get the best treatment. He offers guidance on how to handle the effects the disease has on mobility, work, relationships, intimacy, entitlements, and one's emotional well-being. Martin writes as if he is talking to a friend, and provides valuable information for those who are recently diagnosed, those who have advanced COPD, and those who have a loved one with COPD.

## Book Information

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## Customer Reviews

This book is one that is so complete for anyone who has COPD or wants to understand what it is. Nothing is left out in what it is, how to cope with it and the day to day living with it. I have had COPD for over 12 years and wish that I had a book like this to guide me through the times that were anxious and frustrating. Mr. Martin has addressed all of the questions any COPDer has or will have in living with this disease. This is a book that should be included with every handout and diagnoses of COPD. It is one that will not be put away but referred to frequently. It is the best gift you can give

anyone who has COPD.

I am so very pleased to read a book from a patient's point of view with terms understandable to everyone, including ones that aren't patients. R. Martin is very knowledgeable on COPD and selfishly wanted to put this information out so others will easily understand daily living with this disease. I have been living with it for 17+ years and I wished this book was out there then. It doesn't scare you about the disease, but gives you facts about it and ideas on how to make life a bit easier once you are diagnosed. I read this book in two days as it is every easy reading. Congratulations Mr. Martin on a job so well done.

The only regrets I have are that this book was not around when I was diagnosed with COPD. R.D. Martin actually takes you by the hand and leads you through every aspect of this disease and how to deal with it, with a bit of humor (which we all need, especially when dealing with this disease). He has touched on every subject that I experienced from the onset with working with COPD, hiding it from your co workers, dealing with oxygen providers, traveling, and the ups and downs of daily living. Not only did I learn even more than I thought I knew, but I enjoyed the journey he took me on. I would definitely recommend this book to every person with COPD as well as any person dealing with a disease because of the common ground he talks about, from medicare to social security disability and how to cope with all the stress. A great read.

Finally....a book with some down to earth experiences. I have lived with this disease for over 16 years, this book seems to track the journey i have been on in layman's terms...I plan to introduce this book in the Better Breathing Buddies group for COPDers who are learning how to live with their diagnosis. Every subject that we want to cover is included within the page of Mr. Martin's book. He is to be commended on writing such a comprehensive and friendly account of his own bumpy road interspersing some good humor within it's pages. I bought this book on the 17th and our group plans to buy more to use it in our classes with offers to buy. By the way, i read the book in two nights, it is such good reading and for all those 16 years, i've looked for such a book as this....congratulations Mr. Martin for this labor of love. The book is so attractive, informing and the price is RIGHT. And, as the project manager of our Better Breathing Buddiew, you can be sure it will become a big hit with our board members and our COPD membership.

This book is the most helpful and informational book I have read on COPD and I have read dozens

of them. R.D. Martin explains in simple language the COPD terminology, the various equipment uses and maintenance, suggestions, and other important information the patient and caregiver must know. He not only is informative but has humor throughout which keeps it from being boring! Excellent book and cheap price for such a superb book! Carol B, Nevada

Only someone who is experiencing what all of us who have COPD live with can answer our questions, tell us what has helped him and what to expect. No matter how good our Doctors are they are diagnosing from text book educations, not from personal knowledge. My biggest fear is "what's going to happen" and how can I prepare my family and myself for the progression of this disease. This book covers EVERYTHING! Definitely a book I will reference again and again.

Excellent read by R. D. Martin. Every person who has COPD, or a family member or friend who does, should have this book. I was diagnosed almost ten years ago and this is the first book I've read that covers this disease so thoroughly. Mr. Martin has done a superb job. His research, personal knowledge and sense of humor make this book one that should enlighten each of us as to what COPD is all about. One thing he emphasized is that we can all live a good life as long as we take care of ourselves, realize that we are all different in how we react to medications and treatments and we maintain a positive attitude and sense of humor. Get this book! It's worth it! P. Valter, Raleigh NC

Having Emphysema for fifteen years I felt I had learned how to deal with my disease and how to live with it. Recently a friend, who is a caretaker for her Dad who suffers from Emphysema, mentioned a book that had helped her and her Dad to better deal with COPD. I purchased the book and found out I had a great deal more to learn about my disease and living with it. Who could ever think how helpful a terrycloth robe could be??? And that a metal shower head vs a plastic one is necessary to maintain keeping our lungs germ free. This information and many more helpful hints and extensive knowledge of dealing with Emphysema is in this book. I would have to say that when a COPD book is written by a person suffering from Emphysema you know the information and hints are earned and gathered the hard way. Thanks to the author, R.D. Martin, for sharing your experiences and knowledge with us. That touch of humor is very appreciated....laughing is very good medicine too!

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