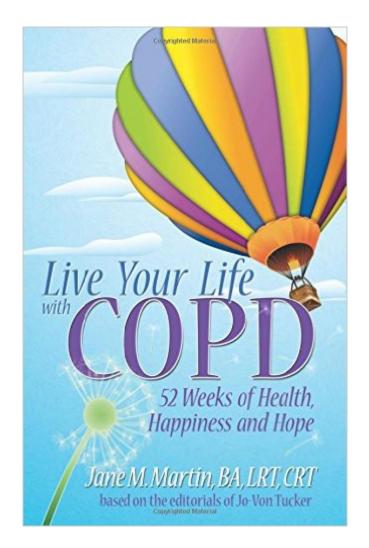
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# Live Your Life With COPD- 52 Weeks Of Health, Happiness And Hope





## 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 Publisher: Infinity Publishing; 1 edition (March 25, 2011) Language: English ISBN-10: 0741464357 ISBN-13: 978-0741464354 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 See all reviews (31 customer reviews) Best Sellers Rank: #318,720 in Books (See Top 100 in Books) #35 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #41 in 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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