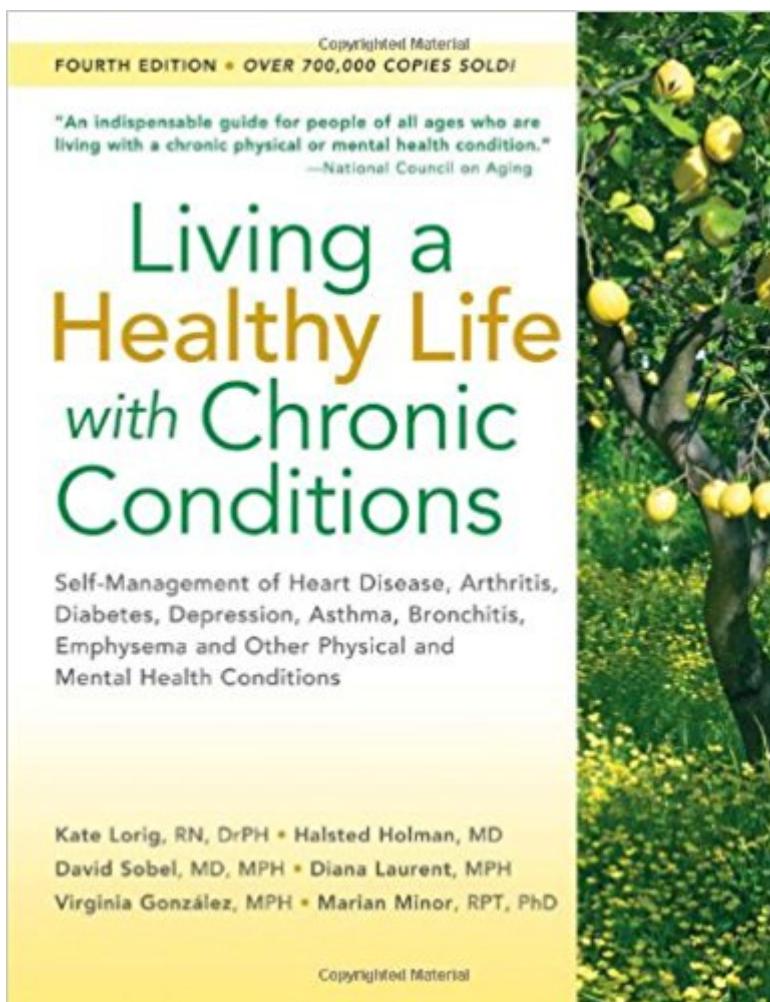


The book was found

# Living A Healthy Life With Chronic Conditions: Self-Management Of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema And Other Physical And Mental Health Conditions





## **Synopsis**

Completely redesigned for easy reading and fully updated with the latest research and information on current practice, medication, legal matters, and specific conditions, this new edition of a vital resource is full of tips, suggestions, and strategies to deal with chronic illness and symptoms, such as fatigue, pain, shortness of breath, disability, and depression. It encourages readers to develop individual approaches to setting goals, making decisions, and finding resources and support so that they are able to do the things they want and need. Originally based on a five-year study conducted at Stanford University, this work has grown to include the feedback of medical professionals and people with chronic conditions all over the world. Aimed at letting people become self-managers of their own illness, this book's one simple goal is to help anyone with a chronic illness to live a productive, healthy life.

## **Book Information**

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## **Customer Reviews**

"A remarkable resource for anyone with any chronic health problem." American Lung Association

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I love this workbook. I have a chronic pain condition called full body CRPS - RSD ...and I do not want to do anything !! After reading this book I created an action plan ..and I am cleaning up my entire house, top to bottom, inventory on and on. My house has like dust an inch thick on some things. I hate cleaning, and this book helped me step up and face my demons !! Pain and all !! Helping me to completely revamp my life, and release procrastination, depression and apathy with life. I LOVE !! this book. I sleep with it under my pillow and I am constantly reading it to be inspired to upgrade my life. I am also enrolling others to buy this book...and I am having everyone do these action plans with me, very fun.

Often this book is used as a text for a class or workshop. Unfortunately, using it in class is difficult because the "Go To" function does not include page "number" ---- only "location". When some people are using the hard copy version, page numbers are often called out for reference during the workshop or class. It is almost impossible for the people who are using the Kindle version to find the reference. To be a good text, it needs to be able to "go to" specific page numbers. I found that this book made the assumption that all older or disabled persons were depressed, couldn't sleep, had trouble communicating, and knew nothing about good nutrition and maintaining a healthy lifestyle. I find that these assumptions are not necessarily true, and that the book takes a simplistic approach to self-management techniques.

I'm reading this updated version of this book, and I'm learning how to deal with chronic pain.

Read this book. Seriously. It's on a 3rd or 4th grade level. It explains common problems of aging, and how to live as healthy a life as possible. Anyone can exercise.

I bought this for a friend after I studied this program in a seniors group. The suggestions and wisdom is helpful for many emotional as well as physical conditions.

This was a gift to my MIL, she took a 6 week seminar & wanted a copy of the book they used in clas. She was very pleased with the book which she can refer to when necessary.

A lifesaver, I ordered and sent five of these to family and close friends, highly recommend, easy to understand and sections for each illness type. Low impact exercises also included ... thumbs up ...

Excellent I was at friends home reading it and I thought I would buy great book

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Arthritis, or Asthma? SHORT STORY #10: This is a motivational ... of #1- # 60 (Nonfiction series # 1 - # 60) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) The Inflammation Cure: Simple Steps for Reversing heart disease, arthritis, asthma, diabetes, Alzheimer's disease, osteopor Anti Inflammatory Diet: Chronic Disease to Healthy Living - A Simple Guide (Chronic Pain, Arthritis, Joint Pain Book 1) Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD)

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