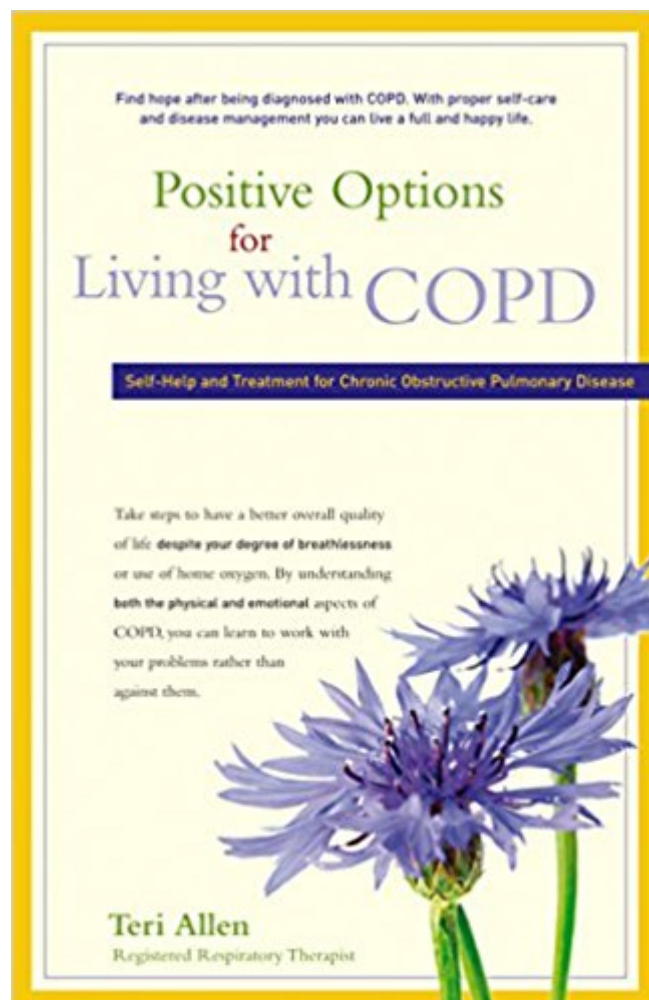




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# Positive Options For Living With COPD: Self-Help And Treatment For Chronic Obstructive Pulmonary Disease (Positive Options For Health)



## Synopsis

The diagnosis of chronic obstructive pulmonary disease (COPD) can be devastating. It's important to note, though, that while COPD is debilitating, it is not a death sentence. With proper disease management, people with COPD can expect to live a full and happy life. While there are no magic pills or quick fixes, there are many things COPD sufferers can do to have more energy, less shortness of breath, and an overall better quality of life despite breathlessness or use of home oxygen. This comprehensive guide helps people in any stage of COPD learn to work with their physical limitations rather than against them. Compassionate and clearly written, it covers every aspect of the disease, including the psychological and emotional issues that go along with having COPD, medications and physical therapy, identifying triggers and warning signs, creating an action plan for worsening symptoms, techniques to make breathing easier, working with healthcare providers, and much more.

## Book Information

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## Customer Reviews

"You can and will be able to make a significant difference in the quality of your life if you make the commitment to take an active role in managing your disease." • From the book *Armed with good information what can you do? Breathe easier, live longer, enjoy life more!* Teri Allen, a registered respiratory therapist who has worked with COPD patients for almost 20 years, shows you how in this clearly written and wonderfully comprehensive guide. While a diagnosis of COPD (a condition that can include emphysema and chronic obstructive bronchitis) can feel

devastating, and while symptoms can be debilitating, there is a great deal you can do to experience more energy, less shortness of breath, a fuller, happier life. More than 12 million people in the U.S. are currently living with COPD; and an additional 12 million may be undiagnosed; so you are clearly not alone. What's more, as Allen points out, we all have limitations we must navigate. Still, your challenges are real, and that's why Allen created this resource. Patients at every stage of COPD can learn to work with their limitations, rather than against them, in all aspects of life; around the home, out and about, and during flare-ups. You will gain greater control over your disease and your life by learning to breathe effectively and control coughing; best use medications, including alternative and naturopathic remedies; deal with emotional and psychological issues; identify your personal symptom triggers; exercise safely, choose optimal foods, and quit if you are a smoker. Complete with tips on working with doctors, insurance companies and home-care providers, this is smart, accessible information and advice for everyone who has or cares for someone with COPD.

This was one of three books I purchased on COPD. I found this book to have the most concrete suggestions for dealing with emotional and physical changes due to COPD. However, my impression of all 3 books was that they were written to an audience of COPD sufferers who are at a more advanced stage than "moderate" which is my husband's diagnosis. Reading about what "might" be in store for us as his disease progresses was a little jarring, scary, but enlightening at the same time. As is suggested and makes common sense, it's better to start making adjustments earlier in the diagnosis than later. Out of all three books, I would recommend this one to those diagnosed with COPD or their family who wants to be informed on how to help their loved one.

good book with plenty of practical information that can actually be incorporated into any lifestyle. I found the nutritional section to be especially helpful. there are lots of facts that the doctors just don't have the time to go over in detail. I would recommend this book for anyone looking for insight and information that will lead to deeper understanding that will result in lasting relief from COPD that medicines can't provide.

This book is filled with excellent tips and facts about COPD. There is great insight into how patients feel and the struggle with this disease. He is also encouraging to the reader and lays out plans that one might want to try to improve your activity level, etc. This is a go to book, not just a one time read. Thanks to Teri Allen for a very helpful book. The author is a registered respiratory therapist

and that is excellent. I will refer to this book many times on this journey.

Positive Options for Living with COPD: Self-Help and Treatment for Chronic Obstructive Pulmonary Disease - I have read several books on COPD and found this to be one of the best. Excellent information on the disease and how to deal with it in a positive way.

I gave this book five stars because I believe it is the most comprehensive guide to understanding everything about COPD. There is also a major chapter on smoking cessation which includes no-nonsense facts about what additives are in cigarettes and all the devastation they cause to the body. This book is not all doom and gloom, however, and offers much hope and practical tips on living positively with COPD.

Purchased to educate myself prior to sending to a family member who has been diagnosed with COPD. It is clearly written and understandable. Recommended reading

A good book to give to someone who has just been diagnosed with COPD. It will get them started on the right track. I have severe COPD and I wish I had read this book before my condition got to this stage. I think it can make you change your lifestyle to live longer with this condition.

Very helpful

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