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# Living With COPD (Chronic Obstructive Pulmonary Disease): What It Is And How To Manage It

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## LIVING WITH COPD

*What it is and how to manage it*



LIZ BONETTO



## Synopsis

Hi and welcome to my book about living with COPD. Now, if you are expecting this book to be all doom and gloom, you are wrong! This book has been written to help sufferers of COPD to make the best of their lives rather than curl up in a corner with the rolled up dirty socks, and mourn the loss of their good health. The first thing I'm going to say to you is this..... Chin up, shoulders back and march on with your life as best you can. Grip it by the horns and give it a good shake. Take every opportunity to enjoy your life to the absolute fullest. During the early stages, there are plenty of things you can do to get a grip on your COPD and help stop it progressing. Numero Uno.... Positive mind set. Be absolutely determined to make the best of your life from here on in. Even if you didn't before, you can start now. By taking the right steps you can improve how you feel at the moment. You can reduce that awful breathlessness and fatigue if you set your mind to it. I was diagnosed with COPD just under a year ago, so I am well aware of the effect this disease can have on your life. However, I have and still am, doing my very best to ensure that I limit the progression of the disease. I will not be beaten! In this book, I will explain exactly what COPD is, what the symptoms are, how it is diagnosed and how you can help yourself rather than give in to the disease. I hope very much that this book will be of some help to you. Liz Bonetto Ready, steady go!

## Book Information

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## Customer Reviews

Poorly written. Contains very little useful information. A few words of encouragement from some who likely has COPD. There are good books out there, but this isn't one of them.

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