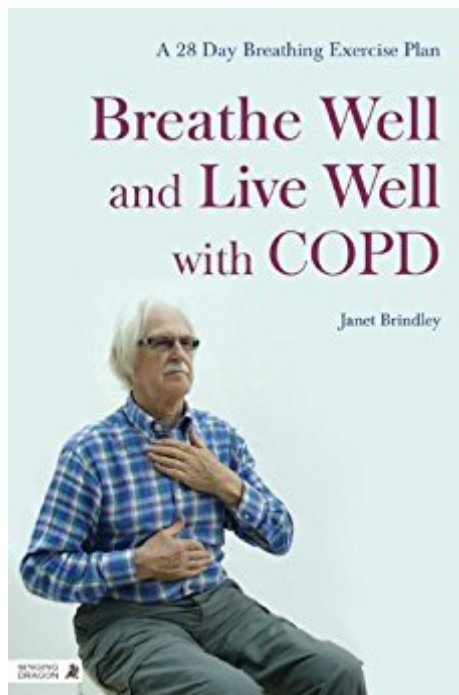




The book was found

Breathe Well And Live Well With COPD: A 28-Day Breathing Exercise Plan



Synopsis

Practising regular breathing exercises helps to develop healthy breathing patterns, which can lessen the effects of breathing difficulties caused by COPD (Chronic Obstructive Pulmonary Disease). This is a short, practical guide to using new therapeutic breathing exercises which focus on techniques to reduce breathlessness and control coughing to help you to get the most out of every breath. The exercises are simple, easy to follow, and designed to work alongside usual medical care. No special equipment is necessary, you can practise in your own home at your own pace, and this illustrated guide contains all the information you need to get started. This handbook will be perfect for anyone with COPD who wants to help manage their breathing difficulties, coughing and fatigue with simple and effective techniques. Professionals working with COPD sufferers, such as physiotherapists, physical therapists and carers, will also find the book of interest.

Book Information

File Size: 1107 KB

Print Length: 98 pages

Page Numbers Source ISBN: 1848191642

Publisher: Singing Dragon; 1 edition (September 21, 2013)

Publication Date: September 21, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00E81DHXY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #413,657 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #38

in Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine > Pulmonary #82

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory

Diseases #91 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

Customer Reviews

Very good book. It has helped a lot. Good information in it and an easy read. I am still trying some of the things they recommend. But the breathing recommendations have helped in every day things

such as walking up and down stairs, walking in yard and working in the house. I would say this needs to be read by every COPD person. Can't wait to see how all the exercises help.

I'm so glad I got this book. The exercises are easy to do sitting down. And they really do improve breathing.

This book gave me enough information that I decided to actually go to a doctor to be checked out instead of guessing what my problem really was. It turned out severe allergies rather than COPD. I'd never had allergy problems before so did not recognize them. As a former heavy smoker for 19 years I had suspected far worse. Thanks for writing this book.

This book is fantastic. Easy to read and very informative. I learned more from this book than I have from my doctor. A must read if you have COPD.

Excellent information!

I LOVE IT!! just wish I had known these things several years ago --but better now than never!!!!

[Download to continue reading...](#)

Breathe Well and Live Well with COPD: A 28-Day Breathing Exercise Plan
The COPD Solution: A Proven 10-Week Program for Living and Breathing Better with Chronic Lung Disease
Breathing Free: The 5-day Breathing Programme That Can Change Your Life
Breathe, Mama, Breathe: 5-Minute Mindfulness for Busy Moms
Breathe to Heal: Break Free From Asthma (Learn Buteyko) (Breathing Normalization)
Breathe, You Are Alive: The Sutra on the Full Awareness of Breathing
Reason To Breathe (The Breathing Series, Book 1)
How to Live Well Without Owning a Car: Save Money, Breathe Easier, and Get More Mileage Out of Life
Breathing: Breathing Techniques: For Happiness and Healthy Living (For Anxiety, Stress, Energy, Focus, Depression)
Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy)
Barely Breathing (The Breathing Series, Book 2)
Live Your Life With COPD- 52 Weeks of Health, Happiness and Hope
Exercise Every Day: 32 Tactics for Building the Exercise Habit (Even If You Hate Working Out)
Exercise Every Day: 32 Tactics for Building the Exercise Habit
De gordita a mamacita / From FAT to FAB. A complete diet and exercise/fitness plan to become irresistibly healthy.: Un completo plan de alimentaciÃ³n y ... irresistiblemente sana (Spanish Edition)
Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of

Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Royal Canadian Air Force Exercise Plans for Physical Fitness: Two Books in One / Two Famous Basic Plans (The XBX Plan for Women, the 5BX Plan for Men) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Day Trading: Make Hundreds Daily Day Trading One Hour a Day: Day Trading: A detailed guide on day trading strategies, intraday trading, swing trading and ... Trading, Stock Trading, trader psychology) Courage and Information for Life with Chronic Obstructive Pulmonary Disease: The Handbook for Patients, Families and Care Givers Managing COPD, Emphysema, Bronchitis

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)