



# **Arthritis: Coping with Arthritis: The most important information you need to improve your health (The Everything® Healthy Living Series)**

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Are you tired of battling joint pain, stiffness, and soreness? The Everything® Healthy Living Series is here to help. These concise, thoughtful guides offer the expert advice and the latest medical information you need to manage your pain and lead a healthy life.

Inside you'll find expert advice and helpful tips on managing pain, dealing with uncertainty, and keeping a positive attitude. Living with arthritis can be challenging, but with the right guidance you can live a happy and healthy life.

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