



# **COPD For Dummies**

*Kevin Felner, Meg Schneider*

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# COPD For Dummies

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**COPD For Dummies** Kevin Felner, Meg Schneider

**Make your home COPD friendly**

**Your reassuring guide to understanding and managing COPD and getting on with your life**

Want to know more about COPD? This straightforward guide provides clear information about this progressive disease, explaining how to recognize the warning signs, get diagnosed, and choose the best treatment. You'll see how diet, exercise, and medication affect your symptoms and make your life easier.

**Discover how to:**

- Know your risk factors
- Find the right doctors
- Quit smoking, start exercising, and change your diet
- Improve your overall health
- Prepare for emergencies
- Help loved ones with COPD

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Spent a free time for you to be fun activity to complete! A lot of people spent their sparetime with their family, or their particular friends. Usually they undertaking activity like watching television, gonna beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could possibly be reading a book is usually option to fill your free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the guide untitled COPD For Dummies can be excellent book to read. May be it might be best activity to you.

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