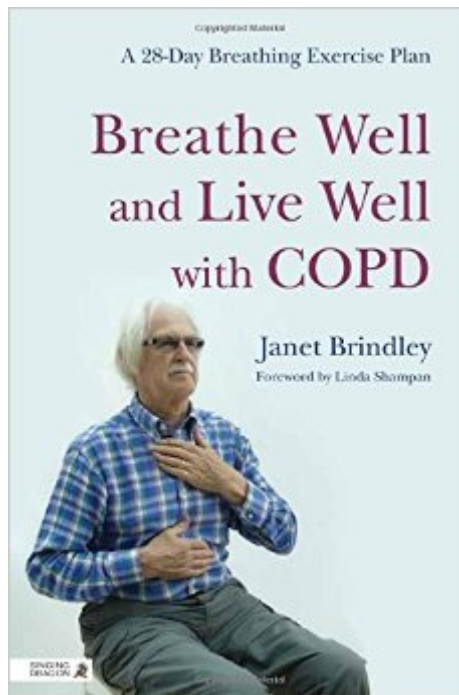


The book was found

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

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Customer Reviews

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

Excellent information!

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

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.

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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 Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens Breathe: Restore Natural Breathing According to Your Body's Design and Improve Physical, Mental, and Emotional Health Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) How to Live Well Without Owning a Car: Save Money, Breathe Easier, and Get More Mileage Out of Life Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Live Your Life With COPD- 52 Weeks of Health, Happiness and Hope Every Day Is Game Day: Train Like the Pros With a No-Holds-Barred Exercise and Nutrition Plan for Peak Performance 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) 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) Live Your Life, Not Your Diagnosis: How to Manage Stress and Live Well with Multiple Sclerosis 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) Breathing Free: The Revolutionary 5-Day Program to Heal Asthma, Emphysema, Bronchitis, and Other Respiratory Ailments The Aromatherapy Bronchitis Treatment: Support the Respiratory System with Essential Oils and Holistic Medicine for COPD, Emphysema, Acute and Chronic Bronchitis Symptoms (The Secret Healer Book 6) Natural Therapies for Emphysema and COPD: Relief and Healing for Chronic Pulmonary Disorders The Complete Guide to Understanding and Living with COPD: From A COPDer's Perspective Positive Options for Living with COPD: Self-Help and Treatment for Chronic Obstructive Pulmonary Disease (Positive Options for Health) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2)

