



# Shortness of Breath: A Guide to Better Living and Breathing

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For more than 25 years, SHORTNESS OF BREATH: A Guide to Better Living and Breathing has been a helpful tool for educating patients about chronic lung disease, specifically chronic obstructive pulmonary disease. This user-friendly book presents a wealth of pertinent information in a style the average reader can comprehend. SHORTNESS OF BREATH covers the psychological and physiological impacts of lung disease, offering suggestions on exercise programs, relaxation techniques, travel precautions, diet, and more.

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