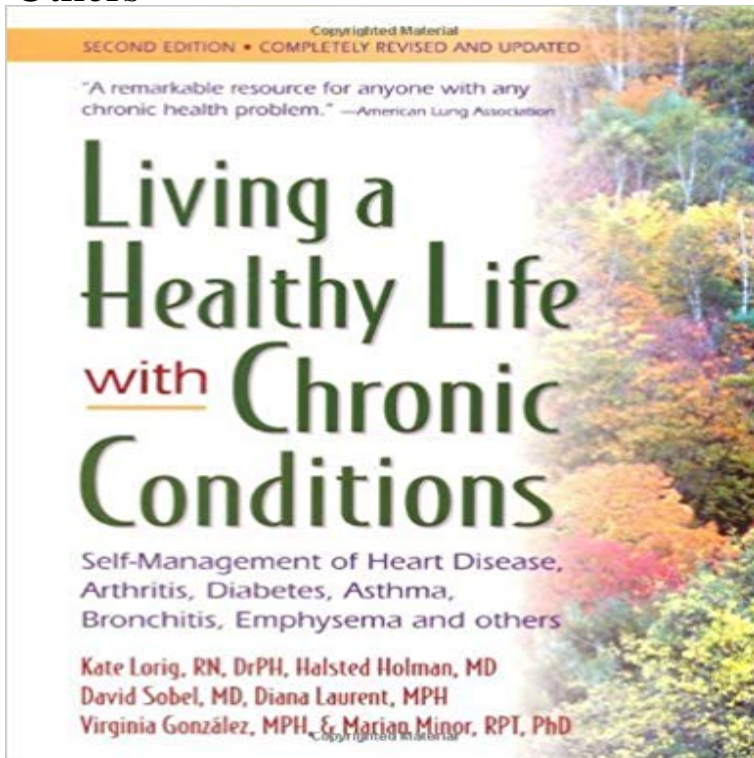


# Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema & Others



Drawing on input from people with long-term ailments, this book points the way to achieving the best possible life under the circumstances.

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