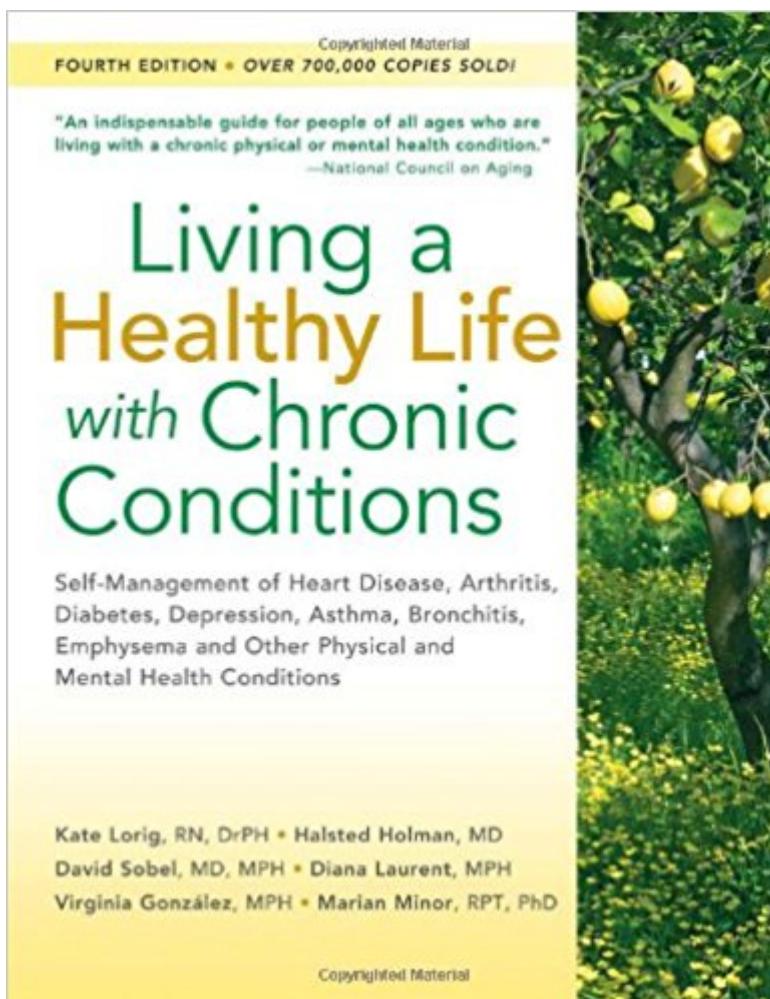


The book was found

# Living A Healthy Life With Chronic Conditions: Self-Management Of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema And Other Physical And Mental Health Conditions





## **Synopsis**

Completely redesigned for easy reading and fully updated with the latest research and information on current practice, medication, legal matters, and specific conditions, this new edition of a vital resource is full of tips, suggestions, and strategies to deal with chronic illness and symptoms, such as fatigue, pain, shortness of breath, disability, and depression. It encourages readers to develop individual approaches to setting goals, making decisions, and finding resources and support so that they are able to do the things they want and need. Originally based on a five-year study conducted at Stanford University, this work has grown to include the feedback of medical professionals and people with chronic conditions all over the world. Aimed at letting people become self-managers of their own illness, this book's one simple goal is to help anyone with a chronic illness to live a productive, healthy life.

## **Book Information**

Paperback: 390 pages

Publisher: Bull Publishing Company; 4 edition (July 16, 2012)

Language: English

ISBN-10: 193350336X

ISBN-13: 978-1933503363

Product Dimensions: 8.5 x 0.8 x 11 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 40 customer reviews

Best Sellers Rank: #57,647 in Books (See Top 100 in Books) #44 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #19304 in Books > Textbooks

## **Customer Reviews**

"A remarkable resource for anyone with any chronic health problem." —American Lung Association

Kate Lorig, RN, DrPH, is a director and associate professor at the Stanford University School of Medicine's Patient Education Research Center. She lives in Mountain View, California. Halsted Holman, MD, is professor of medicine at Stanford University School of Medicine. He lives in Stanford, California. David Sobel, MD, is the director of patient education and health promotion at the Kaiser Permanente Medical Care Program in Northern California. He lives in San Jose, California. Diana Laurent, MPH, is a health educator at the Stanford University School of

Medicineâ„¢s Patient Education Research Center. She lives in Palo Alto, California. Virginia Gonzalez, MPH, is a health educator at the Stanford University School of Medicineâ„¢s Patient Education Research Center. She lives in San Jose, California. Marion Minor, PT, PhD, is an assistant professor at the University of Missouri in the department of physical therapy. She lives in Columbia, Missouri.

I love this workbook. I have a chronic pain condition called full body CRPS - RSD ...and I do not want to do anything !! After reading this book I created an action plan ..and I am cleaning up my entire house, top to bottom, inventory on and on. My house has like dust an inch thick on some things. I hate cleaning, and this book helped me step up and face my demons !! Pain and all !! Helping me to completely revamp my life, and release procrastination, depression and apathy with life. I LOVE !! this book. I sleep with it under my pillow and I am constantly reading it to be inspired to upgrade my life. I am also enrolling others to buy this book...and I am having everyone do these action plans with me, very fun.

Often this book is used as a text for a class or workshop. Unfortunately, using it in class is difficult because the "Go To" function does not include page "number" ---- only "location". When some people are using the hard copy version, page numbers are often called out for reference during the workshop or class. It is almost impossible for the people who are using the Kindle version to find the reference. To be a good text, it needs to be able to "go to" specific page numbers. I found that this book made the assumption that all older or disabled persons were depressed, couldn't sleep, had trouble communicating, and knew nothing about good nutrition and maintaining a healthy lifestyle. I find that these assumptions are not necessarily true, and that the book takes a simplistic approach to self-management techniques.

I'm reading this updated version of this book, and I'm learning how to deal with chronic pain.

Read this book. Seriously. It's on a 3rd or 4th grade level. It explains common problems of aging, and how to live as healthy a life as possible. Anyone can exercise.

I bought this for a friend after I studied this program in a seniors group. The suggestions and wisdom is helpful for many emotional as well as physical conditions.

This was a gift to my MIL, she took a 6 week seminar & wanted a copy of the book they used in clas. She was very pleased with the book which she can refer to when necessary.

A lifesaver, I ordered and sent five of these to family and close friends, highly recommend, easy to understand and sections for each illness type. Low impact exercises also included ... thumbs up ...

Excellent I was at friends home reading it and I thought I would buy great book

[Download to continue reading...](#)

Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions Arthritis: An Ultimate Guide For Arthritis: (Symptoms of Arthritis, Rheumatoid Arthritis, Psoriasis Arthritis, Types of Arthritis, Cure for Arthritis) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) 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) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Courage and Information for Life with Chronic Obstructive Pulmonary Disease: The Handbook for Patients, Families and Care Givers Managing COPD, Emphysema, Bronchitis DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders) Why do Africans Have Less Heart Disease, Diabetes, and Cancer? And no Depression, Osteoporosis,

Arthritis, or Asthma? SHORT STORY #10: This is a motivational ... of #1- # 60 (Nonfiction series # 1 - # 60) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) The Inflammation Cure: Simple Steps for Reversing heart disease, arthritis, asthma, diabetes, Alzheimer's disease, osteopor Anti Inflammatory Diet: Chronic Disease to Healthy Living - A Simple Guide (Chronic Pain, Arthritis, Joint Pain Book 1) Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)