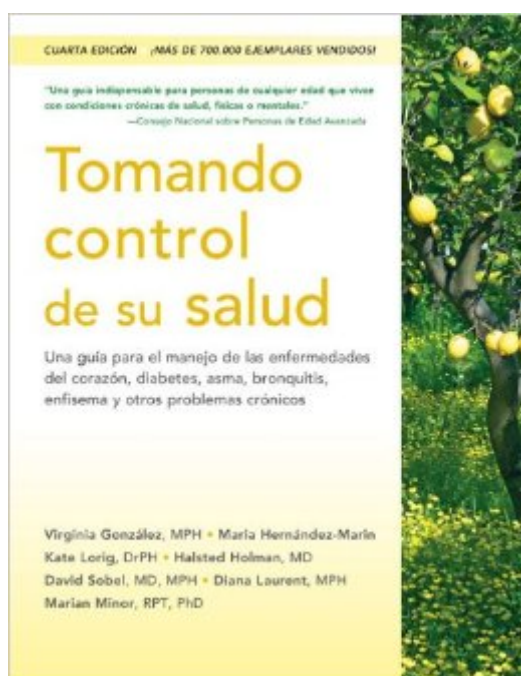


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# Tomando Control De Su Salud: Una GuÃ­a Para El Manejo De Las Enfermedades Del CorazÃ³n, Diabetes, Asma, Bronquitis, Enfisema Y Otros Problemas CrÃ³nicos (Spanish Edition)



## Synopsis

Completely redesigned for easy reading and fully updated with the latest research and information on current practices, 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. 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. Showing people how to become managers of their own illness, this book's one simple goal is to help anyone with a chronic malady to live a productive, healthy life. Completamente rediseñada para facilitar la lectura y actualizada con lo último en investigaciones e información acerca de las prácticas actuales, los medicamentos, las cuestiones legales y las enfermedades específicas, esta nueva edición de un recurso esencial está llena de consejos, sugerencias y estrategias para afrontar enfermedades crónicas y sus síntomas, como la fatiga, el dolor, la falta de aliento, la discapacidad y la depresión. Anima al lector a desarrollar un enfoque individual para establecer objetivos, tomar decisiones y buscar recursos y apoyo. Originalmente basada en un estudio de cinco años realizado por la universidad de Stanford, esta obra ha llegado a incluir las observaciones de profesionales de la salud además de las de personas con enfermedades crónicas alrededor del mundo. Demostrando a la gente cómo manejar su propia enfermedad, este libro tiene un objetivo sencillo: ayudar a cualquier persona con un padecimiento crónico para que viva una vida productiva y saludable.

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