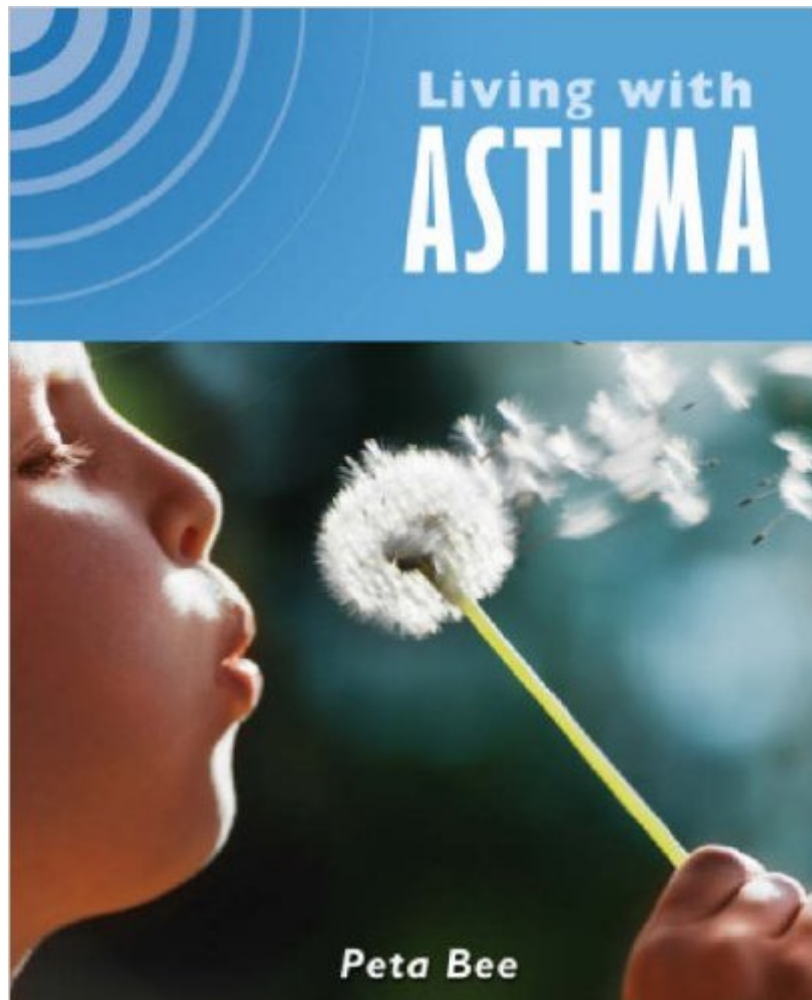


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# Living With Asthma



## Synopsis

This engaging book gives readers a clear idea of what it is like to live with asthma both for sufferers and their family and friends. Looking at the different lives of three individuals, the book describes what asthma is, what triggers it, in particular house-dust mites, how medicines can help, how to avoid asthma triggers, how to exercise when exercise triggers asthma, protecting against poor air quality, what to do in an emergency, and getting help.

## Book Information

Series: Living with (Book 12)

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Best Ever Natural Treatments to help you get your life Back! (Asthma, allergies, exercise) How  
Asthma Makes Me Feel : A Commemorative Book of Artwork and Essays By Young People with  
Asthma Practical guide for the diagnosis and management of asthma : based on the Expert Panel  
report 2 : guidelines for the diagnosis and management of asthma (SuDoc HE 20.3208:AS 8/8)  
Asthma - A Link Between Environment, Immunology, and the Airways: Proceedings of the XVIth  
World Congress of Asthma, Buenos Aires, October 17-20, 1999 Maximum Asthma Control: The  
Revolutionary 3-step Anti-asthma Program Convivir con el asma/ Living With Asthma: Ninos y  
adolescentes/ Children and Adolescents (Convivir Con.../ Living With...) (Spanish Edition) Living Off  
The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle  
(Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) The  
Encyclopedia of Asthma and Respiratory Disorders (Facts on File Library of Health & Living) Living  
a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes,  
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