



# What you can do about Asthma (Dell Medical Library)

*Dennis Altman*

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## **What you can do about Asthma (Dell Medical Library)** Dennis Altman

Asthma. An attack is one of the most terrifying things that can happen to you -- and also one of the most misunderstood. If you or your child are among the nation's nine million sufferers, this book will show you how to control the symptoms, overcome the fear, and find the most effective and up-to-date treatment.

Discover:

How to pinpoint the cause or causes -- from diet to weather -- and create a safer environment.

How to know when an attack is imminent and take swift preventive measures.

The role of stress -- despite what you've learned, asthma is not a psychosomatic illness.

How to choose among the many therapies -- from bronchodilators to biofeedback and acupuncture.

Plus : self-quizzes, case histories, and information on support groups that will help you gain emotional well-being.

Now you can stop worrying about asthma and start taking effective action to put you back in control of your life!

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