



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

Kate Lorig DrPH, Halsted Holman MD, David Sobel MD MPH, Diana Laurent MPH, Virginia González MPH, Marion Minor PT PhD

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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.

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