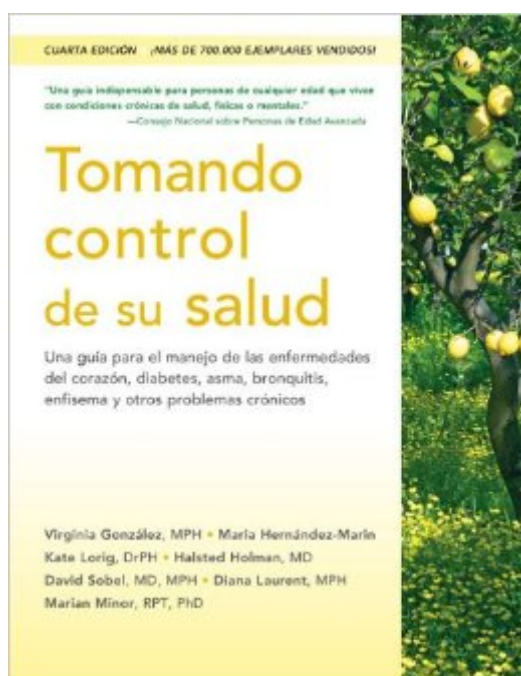


The book was found

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.

Book Information

File Size: 13522 KB

Print Length: 392 pages

Publisher: Bull Publishing Company; 4 edition (July 1, 2013)

Publication Date: August 1, 2013

Sold by: Digital Services LLC

Language: Spanish

ASIN: B00DY0GU6G

Word Wise: Not Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,974,075 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #79 in Books > Libros en español > Medicina > Enfermedades #369 in Books > Libros en español > Salud, mente y cuerpo > Desordenes y Enfermedades #1032 in Kindle Store > Kindle eBooks > Foreign Languages > Spanish > Medicina

Customer Reviews

thank you!

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

Tomando control de su salud: Una guía para el manejo de las enfermedades del corazón, diabetes, asma, bronquitis, enfisema y otros problemas crónicos (Spanish Edition) La Muerte lo Acecha en su Boca: Ponga Atención a sus dientes para Prevenir y Curar Cáncer, Diabetes, Enfermedades del Corazón, Artritis, y otros Problemas de Salud. (Spanish Edition) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) 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) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing 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)
Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well
(Diabetes, Diabetes Diet, Diabetic Cookbook, 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:
Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure"
For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs
1) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies
(Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes: The Most
Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure,
Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes Sin Problemas- El Control de la Diabetes con
la Ayuda del Poder del Metabolismo Nueva Versi3n Abreviada Deluxe- Incluye Enlace a V3-deos.
(Spanish Edition) DIABETES SIN PROBLEMAS: El Control de la Diabetes con la Ayuda del Poder
del Metabolismo (Spanish Edition)

[Dmca](#)