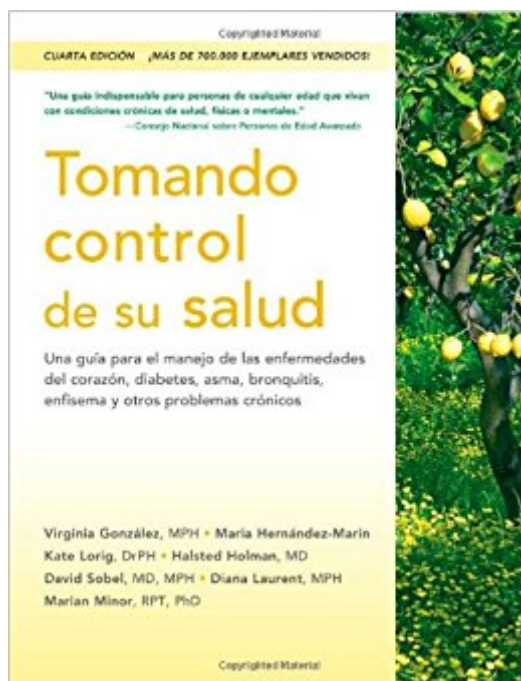


The book was found

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

Paperback: 392 pages

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

Language: Spanish

ISBN-10: 193669347X

ISBN-13: 978-1936693474

Product Dimensions: 8.5 x 1 x 11 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,290,569 in Books (See Top 100 in Books) #97 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference #661 in Books > Textbooks > Medicine &

Health Sciences > Medicine > Clinical > Diseases #1149 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

"A remarkable resource for anyone with any chronic health problem." — American Lung Association, on the English-language edition

Virginia Gonzalez, MPH, is a chronic disease health educator and consultant to the Stanford Patient Education Research Center. She lives in San Jose, California. Maria Hernández-Marín is a member of Stanford University School of Medicine. She lives in Santa Clara, California. Kate Lorig, RN, DrPH, is a director and a professor emerita at Stanford University School of Medicine. She lives in Mountain View, California. Halsted Holman, MD, is a professor emeritus at Stanford University School of Medicine. He lives in Stanford, California. David Sobel, MD, MPH, is the director of patient education and health promotion at the Permanente Medical Group in northern California. He lives in San Jose, California. Diana Laurent, MPH, is a chronic disease health educator at the Stanford Patient Education Research Center. She lives in Palo Alto, California. Marion Minor, RPT, PhD, is a professor emerita at the University of Missouri in the department of physical therapy. She lives in Columbia, Missouri.

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 Ley de salud mental de Puerto Rico: Manual para su manejo por miembros de la rama Judicial, representantes legales, pacientes y sus familiares y profesionales de la salud. (Spanish Edition) Plagas y enfermedades. Una guía esencial para el tratamiento y la prevención de las diversas afecciones del jardín (Jardinería Práctica/ Practical Gardening) (Spanish Edition) 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) Type 2 Diabetes: The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included) [Type 2 Diabetes, Type 2 Diabetes Cure, Type 2 Diabetes Diet, Diabetes Diet, Diabetes

Magazine] Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Nacidos para Alentar a Otros: El escriba: Caleb... uno de los cinco hombres que silenciosamente cambi  la eternidad (Nacidos para Alentar Otros Series) (Spanish Edition) Los remedios para la Diabetes de la Dama de los Jugos: Recetas de jugos, batidos y alimentos org nicos para una salud  ptima (Spanish Edition) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Ya te dije adi s, ahora c mo te olvido. Una gu a para sacarse al ex ex de la cabeza y el coraz n (Biblioteca Walter Riso) (Spanish Edition) Mejora tu salud de poquito a poco Una gu a completa de bienestar para ti y tu familia (Serie: Consulta con Doctor Juan) / Improve your Health: Little By Little (Spanish Edition) Juntos para toda la vida: Una preparaci n para la celebraci n del matrimonio (Celebrar Y Vivir El Sacramento Del Matrimonio) (Spanish Edition) 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: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, 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: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes)   Has Llenado una Cubeta Hoy?: Una Gu a Diaria de Felicidad para Ni os (English and Spanish Edition) Forex para Principiantes Ambiciosos: Una gu a para el comercio exitoso de divisas (Spanish Edition)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)