



Breathe Well and Live Well with COPD: A 28-Day Breathing Exercise Plan

Janet Brindley

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Practising regular breathing exercises helps to develop healthy breathing patterns, which can lessen the effects of breathing difficulties caused by COPD (Chronic Obstructive Pulmonary Disease).

This is a short, practical guide to using new therapeutic breathing exercises which focus on techniques to reduce breathlessness and control coughing to help you to get the most out of every breath. The exercises are simple, easy to follow, and designed to work alongside usual medical care. No special equipment is necessary, you can practise in your own home at your own pace, and this illustrated guide contains all the information you need to get started.

This handbook will be perfect for anyone with COPD who wants to help manage their breathing difficulties, coughing and fatigue with simple and effective techniques. Professionals working with COPD sufferers, such as physiotherapists, physical therapists and carers, will also find the book of interest.



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