



# COPD For Dummies

*Kevin Felner, Meg Schneider*

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# COPD For Dummies

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**COPD For Dummies** Kevin Felner, Meg Schneider  
**Make your home COPD friendly**

**Your reassuring guide to understanding and managing COPD  
and getting on with your life**

Want to know more about COPD? This straightforward guide provides clear information about this progressive disease, explaining how to recognize the warning signs, get diagnosed, and choose the best treatment. You'll see how diet, exercise, and medication affect your symptoms and make your life easier.

**Discover how to:**

- Know your risk factors
- Find the right doctors
- Quit smoking, start exercising, and change your diet
- Improve your overall health
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