



The Arthritis Helpbook: A Tested Self- Management Program for Coping with Arthritis and Fibromyalgia

RN Kate Lorig

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Offering a practical program to help people with arthritis and fibromyalgia manage their conditions, *The Arthritis Helpbook* provides techniques proven to reduce pain and increase dexterity, helping sufferers to regain control of their lives. Along with complete information on all over-the-counter and prescription arthritis medicines, *The Arthritis Helpbook* shows readers how to exercise for both flexibility and aerobic fitness and how to build a calcium-rich diet, thus maintaining their all-around health. Completely revised and updated with new illustrations and photographs, *The Arthritis Helpbook*, the basis of the Arthritis Foundation's popular self-management courses, remains the best guide for all people coping with joint pain.

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