



The COPD Solution: A Proven 12-Week Program for Living and Breathing Better with Chronic Lung Disease

Dawn Lesley Fielding

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Although COPD is the third leading cause of death in the United States, few books provide a comprehensive approach to living with this condition. Now, with *The COPD Solution*, respiratory therapist and educator Dawn Lesley Fielding brings her twelve-week sustainable program—which has a 100 percent success rate in improving the health of her own patients—to the public. Fielding provides invaluable information on diagnosis, medical treatments, physical therapy, pulmonary rehab, and smoking cessation. Her plan gives readers tools to manage every aspect of living with COPD, including tips for communicating with doctors, symptom-tracking charts, nutrition guidelines, easy exercises, breathing and relaxation techniques, even information on intimacy. With up-to-date medical research about this disease and a practical program for managing it, *The COPD Solution* is a welcome resource for anyone suffering from chronic lung disease.

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