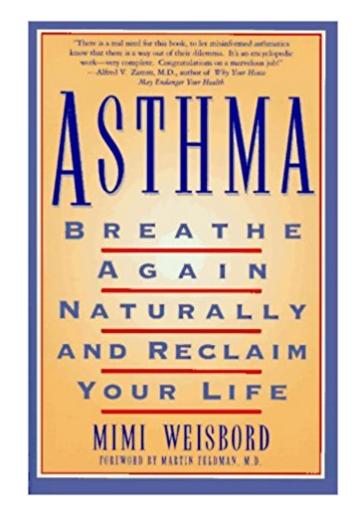


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Asthma : Breathe Again Naturally And Reclaim Your Life





Synopsis

The founder of a national newsletter for asthmatics and of the Asthma Self-Help Workshop in New York City's Open Center--and who once suffered from debilitating asthma--shares her beneficial, successful treatment plan with other asthma sufferers.

Book Information

Paperback: 320 pages Publisher: St. Martin's Griffin (June 15, 1997) Language: English ISBN-10: 0312145446 ISBN-13: 978-0312145446 Product Dimensions: 5.4 x 0.9 x 8.2 inches Shipping Weight: 14.4 ounces Average Customer Review: Be the first to review this item Best Sellers Rank: #4,634,409 in Books (See Top 100 in Books) #98 inÅ Å Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #516 inÅ Å Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #537 inÅ Å Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

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