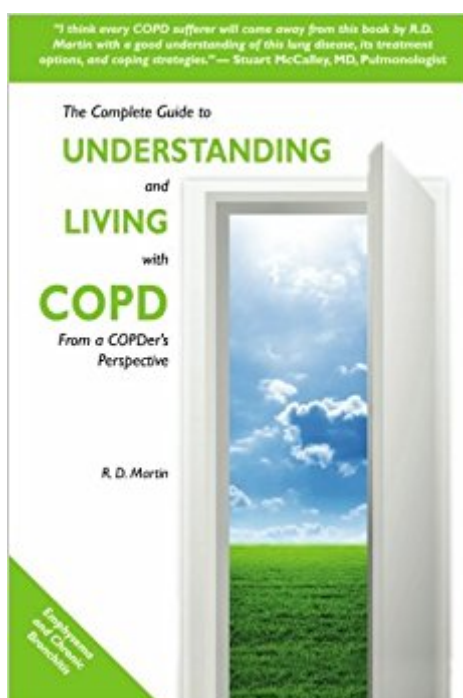


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# The Complete Guide To Understanding And Living With COPD: From A COPDer's Perspective



## Synopsis

R. D. Martin, who has lived with COPD for over two decades, has authored *The Complete Guide to Understanding and Living with COPD: From a COPDer's Perspective*, a survival and self-help guide that goes far beyond clinical information and into the heart of living with this disease. Martin, who considers himself more than just a patient, reminds readers page after page that knowledge is more than power—it minimizes fear of the disease and the uncertainty regarding the future, while maximizing the ability to experience a full and joyful life. He provides practical explanations about the disease and tips on how to get the best treatment. He offers guidance on how to handle the effects the disease has on mobility, work, relationships, intimacy, entitlements, and one's emotional well-being. Martin writes as if he is talking to a friend, and provides valuable information for those who are recently diagnosed, those who have advanced COPD, and those who have a loved one with COPD.

## Book Information

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## Customer Reviews

Author R. D. Martin has lived with COPD for over two decades. While he writes about diagnosis and treatment, his primary emphasis is getting on with life and enjoying every day to the fullest. Now retired, Martin worked in human services as an administrator, clinician, and educator. His vast knowledge and personal experience with COPD make him eminently qualified to write about making the best of a difficult situation.

Only someone who is experiencing what all of us who have COPD live with can answer our questions, tell us what has helped him and what to expect. No matter how good our Doctors are they are diagnosing from text book educations, not from personal knowledge. My biggest fear is "what's going to happen" and how can I prepare my family and myself for the progression of this disease. This book covers EVERYTHING! Definitely a book I will reference again and again.

Excellent read by R. D. Martin. Every person who has COPD, or a family member or friend who does, should have this book. I was diagnosed almost ten years ago and this is the first book I've read that covers this disease so thoroughly. Mr. Martin has done a superb job. His research, personal knowledge and sense of humor make this book one that should enlighten each of us as to what COPD is all about. One thing he emphasized is that we can all live a good life as long as we take care of ourselves, realize that we are all different in how we react to medications and treatments and we maintain a positive attitude and sense of humor. Get this book! It's worth it!P.

Valter, Raleigh NC

This book is one that is so complete for anyone who has COPD or wants to understand what it is. Nothing is left out in what it is, how to cope with it and the day to day living with it. I have had COPD for over 12 years and wish that I had a book like this to guide me through the times that were anxious and frustrating. Mr. Martin has addressed all of the questions any COPDer has or will have in living with this disease. This is a book that should be included with every handout and diagnoses of COPD. It is one that will not be put away but referred to frequently. It is the best gift you can give anyone who has COPD.

This book was so helpful when an elderly family member was diagnosed with COPD. Since my husband and I will be part time caregivers, we needed to become educated on the disease quickly. Mr. Martin's book was an excellent place to begin. From the suggestions in the book we got medical power of attorney setup and got our relative into a home health network. We navigated the hospitalizations and have felt more helpful over all in this situation. I have told many people about the book. It is an excellent resource.

This is the most amazing book. It is very well written and the author R.D. Martin is very knowledgeable and informed of his subject. I have had relatives with COPD and this has brought greater understanding of helping people to live their lives to the fullest. It is so down to earth and

covers every topic I had wondered about and how to handle difficult situations. Thank you R.D. Martin for writing this incredible book. Mary Schlumbohm

Great book! For the ones who have COPD this is essential information. This is well researched stuff we need to know.

Having Emphysema for fifteen years I felt I had learned how to deal with my disease and how to live with it. Recently a friend, who is a caretaker for her Dad who suffers from Emphysema, mentioned a book that had helped her and her Dad to better deal with COPD. I purchased the book and found out I had a great deal more to learn about my disease and living with it. Who could ever think how helpful a terrycloth robe could be??? And that a metal shower head vs a plastic one is necessary to maintain keeping our lungs germ free. This information and many more helpful hints and extensive knowledge of dealing with Emphysema is in this book. I would have to say that when a COPD book is written by a person suffering from Emphysema you know the information and hints are earned and gathered the hard way. Thanks to the author, R.D. Martin, for sharing your experiences and knowledge with us. That touch of humor is very appreciated....laughing is very good medicine too!

This book was very informative and told me everything I wanted to know about COPD. It offered invaluable tips in living with this disease and because it was written by someone who has COPD, he understands what it is like for me. As well, he broached the subject of my caregiver and how he copes with me and this disease. I'd recommend this book to COPD sufferers and those who are caring for them.

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