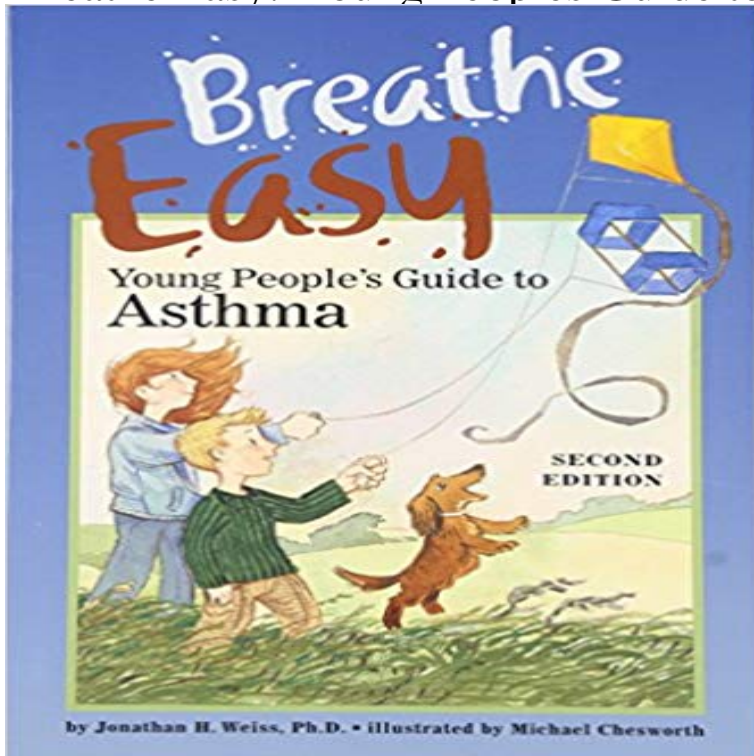


## Breathe Easy: Young Peoples Guide to Asthma



This new updated and expanded edition includes the latest research on asthma treatments and medications for children. It includes a family approach to promote the well-being of children and control symptoms of asthma. It also includes more information on non-medical treatment approaches, including relaxation and visualization techniques, to calm children during asthma attacks. The Comprehensive resources section has been updated and expanded to include valuable information from print and online/web resources. Designed for young people up to the age of 13 who suffer from Asthma.

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