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Arthritis Helpbook

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

Recommended by the Arthritis Foundation, the Arthritis Society, and other organizations for use in their classes

Kate Lorig, R.N., Dr.P.H. James F. Fries, M.D.

Arthritis Helpbook

Ingrid Yang, Kyle Fahey

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