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The Arthritis Helpbook

Fourth Edition

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

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

Kate Lorig, R.N., Dr.P.H.
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Arthritis Helpbook

Margaret A. Caudill



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Arthritis Helpbook Kate Lorig, 2000 *Arthritis Helpbook* Kate Lorig, James F. Fries, 1995-05-21 In this practical program to help people with arthritis manage their condition, Lorig and Fries provide techniques proven to reduce pain and increase dexterity and offer a wealth of information on all arthritis medications, exercise programs, and diet and nutrition. Includes an expanded section on fibromyalgia, a related disease. Photos, drawings.

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