



# Living With Asthma (Overcoming Common Problems)

*Robert Youngson*

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# Living With Asthma (Overcoming Common Problems)

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## **Living With Asthma (Overcoming Common Problems) Robert Youngson**

Increased air pollution and other factors are leading to more people becoming asthmatic and those with asthma are having more attacks. Children in particular are being diagnosed at an alarming rate. This book explains what asthma is and why you have it. You will find information about the drugs that keep it under control, and how to spot the warning signs of an attack. If you or your child is asthmatic this book is for you. It explains in clear, non-technical language everything you need to know to cope successfully with this important condition.

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