



# How To Cope With Psoriasis

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# How To Cope With Psoriasis

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Itchy, sore, unhappy-looking patches of skin - we all want to hide them as best we can, not to mention make them less itchy and sore for the sake of our own comfort and sanity. ...

Written by experts in the field, Quick Easy Guides share little-known trade secrets and helpful hints to get you moving in the right direction.

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