



Breathe Out: Living Life to the Fullest, with Emphysema, COPD, or Smoker's Lung

Mary Callahan

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BREATHE OUT THROUGH PURSED LIPS! Those words are golden for persons with chronic lung disease. Once mastered, the technique can help with everything from going up stairs to picking up a grandchild, all without shortness of breath. That advice and so many more practical tips for getting through the day and getting through life are contained in the pages of this book. Understanding how lungs work in good health and bad is the key to avoiding symptoms, preventing complications and staying independent. The book is based on the very successful series of classes, called the Respiratory Disease Self-Care Classes, provided for many years by the New Mexico Lung Association.

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