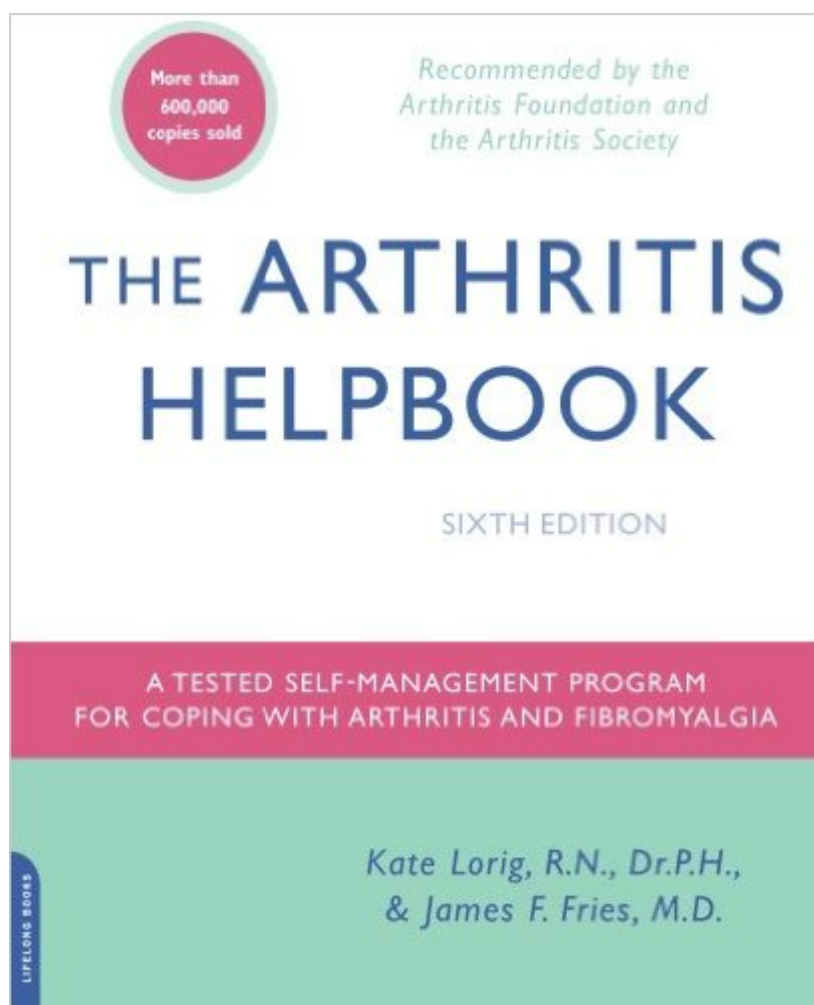


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# The Arthritis Helpbook: A Tested Self-Management Program For Coping With Arthritis And Fibromyalgia



## Synopsis

The Arthritis Helpbook is the world's leading guide to coping with joint pain, and has been used by more than 600,000 readers over its twenty years in print. It succeeds because of its tested advice, its hundreds of useful hints, and its emphasis on self-management-helping people with arthritis and fibromyalgia to achieve their own health goals. Chapters allow readers to:

- Learn proven techniques to reduce pain and increase dexterity
- Build a calcium-rich diet and maintain a healthy weight
- Design an exercise program that matches their needs
- Find tips and gadgets that solve common problems, big and small
- Overcome fatigue, depression, and other troubling feelings associated with these health issues
- Learn about all available arthritis medications and surgeries

## Book Information

Paperback: 400 pages

Publisher: Da Capo Press; 6th ed. edition (January 10, 2006)

Language: English

ISBN-10: 0738210382

ISBN-13: 978-0738210384

Product Dimensions: 7.4 x 0.9 x 9.1 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (24 customer reviews)

Best Sellers Rank: #163,387 in Books (See Top 100 in Books) #44 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) #73 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #848 in [Books > Health, Fitness & Dieting > Women's Health](#)

## Customer Reviews

There are more than one hundred types of arthritis. The proper diagnosis treatment and management of the illness is the subject of this book. This book aims to give individuals who suffer from arthritis the tools for managing their own illness. It is written by professionals who have a comprehensive understanding of the subject. The first section of the book is devoted to 'Understanding those Aches and Pains', the second to "Your Self- Management Plan". There are also hints, tips, and gadgets given to help. And there is a chapter on 'Keeping Your Body Healthy' There is also a section in which subjects such as pain management, getting a good night's sleep, depression, fatigue and other symptoms, feelings and communication are treated. The last section of the book is devoted to providing help with finding the proper medical resources for treating the

illness. This work comes recommended by the Arthritis Foundation. It is clearly written and highly recommended.

I am finding this book very helpful. I have myofascial pain (muscle) and find this book useful because I have a lot of difficulties with getting tasks done with my arms/hands due to ability and pain. I have really wanted to do some flower gardening this summer and this book has some lists of gardening tools that will help to get the job done. This has a lot of hints to help with grooming, household tasks, etc. I highly recommend this book to anyone with Carpal Tunnel, Arthritis, Fibromyalgia, etc. One additional hint not in the book is that I have found it extremely comfortable to sleep at night with my hand and forearm on a polystyrene microbead pillow. You can google polystyrene microbead pillow or Moshi pillow. I find this kind of pillow very conforming to my hand and comfortable. My pillow is quite large and not over-stuffed (there is actually space in the pillow without the beads.) Also, I find that Biofreeze quite helpful on my tissues when the pain gets quite bad. You can order Biofreeze online or may get at your local pharmacy. Best of luck with feeling better.

I found this book very informative. The exercise section is quite extensive. I would recommend this book for anyone trying to cope with the pains of arthritis, and the sooner you start managing your condition, the better off you'll be. I wish I'd read this years ago.

I thought the majority of the book was very helpful. However, I was very upset that the authors decided to include some of their political views in the book - in particular I am referring to the statement that individuals consuming more than a certain amount of healthcare are unethical - ie: using biological response modifiers such as Enbrel. I hope that readers will recognize that this is just the authors' opinion - not a fact. Many people in the healthcare industry, including myself disagree with this statement. If you need biologicals, take them!

I saw this book in my public library, read it and wanted to buy it as it contains helpful exercises to help me deal with my hip arthritis. It is well worth the \$ and it arrived quickly. Contains useful and up to date info on arthritis of all kinds.

I purchased this for my Wife who suffers from rheumatoid arthritis. She found the tips and exercises particularly helpful. I have numerous problems with my back - including arthritis - and I have found

the exercises to be helpful. We both highly recommend this text.

I purchased the Kindle version of The Arthritis Helpbook sixth edition. I am very disappointed to find out that everything that is in the printed version of the book is NOT in the Kindle version! Crazy! I know this as I currently have a paper copy of the same book in front of me. I really like how the paperback book version has various reliable resources on page 128. Unfortunately, I am unable to find the same resources in the Kindle edition. I have searched the entire Kindle book and no results were found. No results by searching for the specific words, nor by page number. That is ridiculous. I give this a two star review as important content is missing in the Kindle version. The content that is included in the Kindle version is good. Just extremely disappointed that everything is not included. If someone is able to tell me why this is and correct the issue, I would be more than happy to update my review.

I am taking an Arthritis Self Help workshop and this book is what is used in conjunction with the Workshop. It is a great source of information & I highly recommend buying this book. It is money well spent. And if it's available in your area take the 6 week Arthritis self help workshop. :-)

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