



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

RN Kate Lorig, James Fries

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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

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