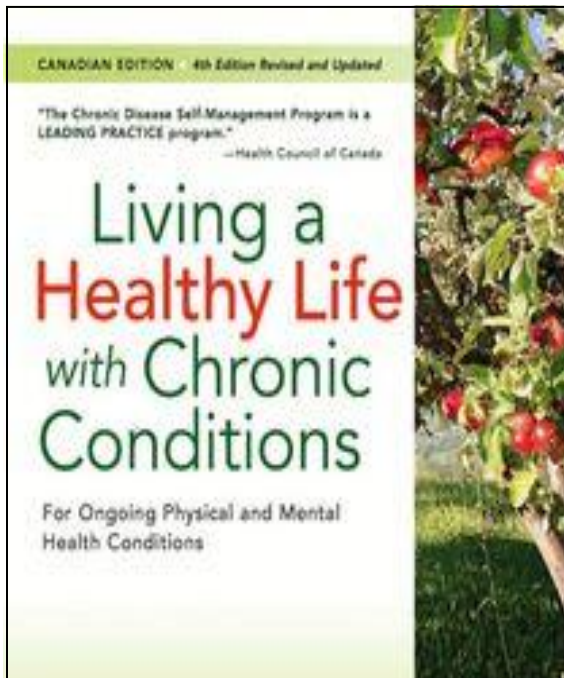


Companion Book and Relaxation CD to Better Choices, Better Health® Workshops:

Living a Healthy Life with Chronic Conditions, Canadian Edition

K. Lorig, DrPH, H. Holman, MD, D. Sobel, MD, MPH, D. Laurent, MPH, V. González, MPD, M. Minor, RPT, PhD
Canadian edition content by P. McGowan, PhD, and T. LaBossiere Huebner, Cert.T.



This book is available for purchase online from the publisher (Bull Publishing) at:

- www.bullpub.com (in USD)

This book is available as an eBook at:

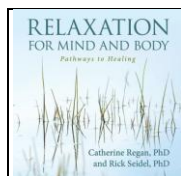
- www.bullpub.com
- Amazon.ca
- Chapters.ca
- and may be available at your local bookstore:
ISBN978-1-936693-49-8
- [Vivre en Santé avec une Maladie Chronique](#)
ISBN 978-1-933503-32-5

Living a Healthy Life with Chronic Conditions 4th Edition is completely redesigned for easy reading and fully updated with the latest research and information. The book is a vital resource full of practical tips, suggestions, and strategies to build confidence in managing chronic illness and symptoms, such as fatigue, pain, shortness of breath, disability, and depression. It encourages readers to develop individual approaches to setting goals, making decisions, and finding resources and support.¹

¹"Living a Healthy Life with Chronic Conditions, 4th Edition." Bull Publishing Company

Relaxation for Mind and Body Pathways to Healing (CD)

C. Regan, PhD & R. Seidel, PhD



This CD is available for purchase from
Bull Publishing www.bullpub.com

My Action Planner



Self-manage your long-term or chronic illness anywhere, any time. *My Action Planner* is a goal-setting tool that will help you make the changes you want to make and live a healthier and happier life. Additional information can be found by visiting

<http://patienteducation.stanford.edu/myactionplanner/>