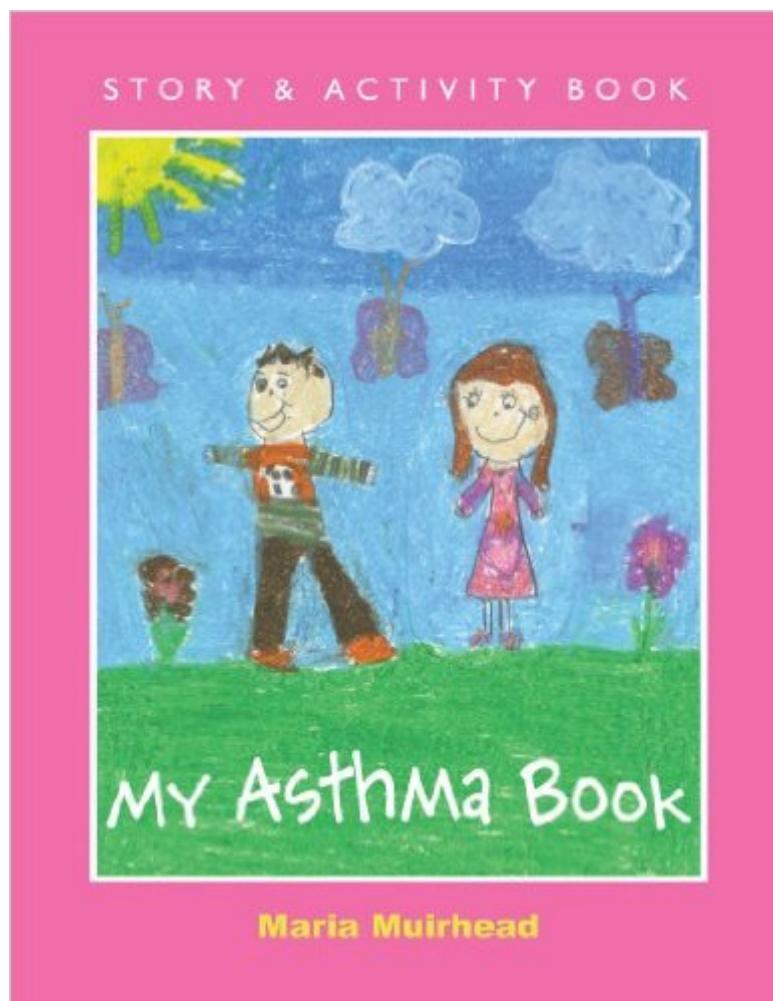


The book was found

# My Asthma Book



## **Synopsis**

Perfect for asthmatic children aged five to eight and for newly diagnosed children, *My Asthma Book* is an upbeat story by author Maria Muirhead, a certified asthma educator. Katie has just discovered that she has asthma. The thought of using an inhaler, or puffer, makes her nervous and more than a little upset. But she has been so tired lately, and she worries that she will not be able to do all the things she loves because of her condition. She decides to talk to her older brother, Rian, who has managed his asthma for two years. In a delightful conversation, Katie and Rian talk about asthma and its triggers and discuss their fears and questions about the disease. Drawing on her extensive experience with asthma education, Muirhead gently assures children that although their asthma cannot be cured, it can be controlled. The activity section of *My Asthma Book* includes connect-the-dots, puzzles, word searches, and coloring activities with a focus on education. By explaining key concepts in asthma management and providing children with age-appropriate activities, kids who suffer from the disease will understand how asthma works and how they can continue to live normal, healthy lives.

## **Book Information**

Paperback: 72 pages

Publisher: iUniverse-Indigo (March 9, 2007)

Language: English

ISBN-10: 0595429254

ISBN-13: 978-0595429257

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ  See all reviewsÂ  (1 customer review)

Best Sellers Rank: #10,280,997 in Books (See Top 100 in Books) #67 inÂ  Books > Health, Fitness & Dieting > Children's Health > Asthma #3136 inÂ  Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Illness #7386 inÂ  Books > Children's Books > Growing Up & Facts of Life > Health > Diseases

## **Customer Reviews**

"This book is refreshing. I bought it for my grand children and they loved it. It talks about asthma but validates that children have more things going on in their lives than just their asthma. The drawings are wonderful! What a lovely little book created by a mum and her children. It has that home-made feeling to it that is priceless." Brenda Langley, Grandmother.

*Arthur's Jelly Beans*  
*Arthur's Eyes: An*

## Arthur Adventure (Arthur Adventure Series)

[Download to continue reading...](#)

Asthma: Treatment for beginners (2nd EDITION + BONUS CHAPTERS) - Diet, Cures and Natural Remedies to get rid of Asthma Naturally (Asthma Cure - Asthma Diet - Asthma Treatment - Asthma Tips Book 1) How Asthma Makes Me Feel : A Commemorative Book of Artwork and Essays By Young People with Asthma Asthma-Free Naturally: Everything You Need to Know to Take Control of Your Asthma - Featuring the Buteyko Breathing Method Suitable for Adults and Children Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders Asthma Survival: The Holistic Medical Treatment Program for Asthma Freedom from Asthma: The Revolutionary 5-Day Treatment for Healing Asthma with the Breath Connection (R) Program The Complete Kid's Allergy and Asthma Guide: Allergy and Asthma Information for Children of All Ages The Whole Family Guide to Natural Asthma Relief: comph Drug Free solns for Treatment Prevention Asthma Allergies Asthma Solved Naturally: The Surprising Underlying Causes and Hundreds of Natural Strategies to Beat Asthma All You Need to know about Managing Asthma: The Best Ever Natural Treatments to help you get your life Back! (Asthma, allergies, exercise) Practical guide for the diagnosis and management of asthma : based on the Expert Panel report 2 : guidelines for the diagnosis and management of asthma (SuDoc HE 20.3208:AS 8/8) Asthma - A Link Between Environment, Immunology, and the Airways: Proceedings of the XVIth World Congress of Asthma, Buenos Aires, October 17-20, 1999 Maximum Asthma Control: The Revolutionary 3-step Anti-asthma Program All about Asthma (An Albert Whitman Prairie Book) The Allergy Book: Solving Your Family's Nasal Allergies, Asthma, Food Sensitivities, and Related Health and Behavioral Problems ABC to be Asthma Free. Buteyko Clinic self help book for children My Asthma Book Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions The Allergy-Fighting Garden: Stop Asthma and Allergies with Smart Landscaping Weight Gain, Asthma, Eczema - Signs of Food Allergies

[Dmca](#)