



The Buena Salud Guide to Arthritis and Your Life (Buena Salud Guides)

Jane L. Delgado PhD

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“*The Buena Salud Guide to Arthritis and Your Life* deserves a place in every American household....It is a must-read guide to preventing, managing, and living a full and healthy life with arthritis.”

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The latest volume in the immensely popular Buena Salud™ medical guides by Dr. Jane L. Delgado, *The Buena Salud Guide to Arthritis and Your Life* provides helpful guidance and strategies for dealing with the intense, debilitating pain and the lifestyle interruptions and inconveniences caused by arthritis. Though primarily aimed at a Hispanic audience—who, as studies have shown, are twice as likely as non-Hispanics to report severe joint pain and work limitations—the information and help in this essential book will be a boon to all arthritis sufferers, of every culture and national origin. *The Buena Salud Guide to Arthritis and Your Life* is also available in a Spanish language edition.

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