



Multiple Sclerosis: 300 Tips for Making Life Easier (Paperback)

By Shelley Peterman Schwarz

Demos Medical Publishing, United States, 2006. Paperback. Condition: New. Second Edition. Language: English . Brand New Book. This completely revised second edition of Multiple Sclerosis: 300 Tips for Making Life Easier contains tips, techniques and shortcuts to help MS patients organise and simplify their lives. With over 300 tips readers will learn to conserve valuable time and energy, develop techniques for making life easier so they can enjoy life to the fullest. From basic principles to unique solutions for saving time and energy to specific ideas, this book is packed with helpful information for those coping with the special challenges of a chronic illness. Updated chapters cover Home Safety and Accessibility ; Computers and Technology ; Looking Good, Feeling Better - Grooming and Dressing ; Managing Mealttime ; and much more. New sections include: Managing medical issuesTravel tips for weekend getaways or extended travelUnique product suggestions for practical helpful items that make everyday tasks easierResource section to easily locate products and servicesMultiple Sclerosis: 300 Tips for Making Life Easier, Second Edition is a valuable resource for individuals living with MS, family members, caregivers and medical professionals.



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