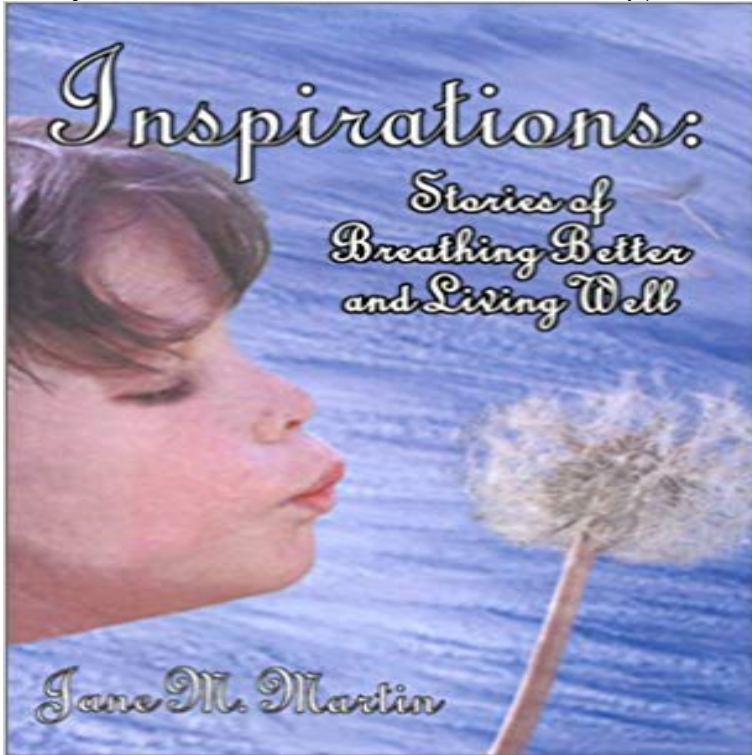


Inspirations: Stories of Breathing Better and Living Well



You or someone you know has been diagnosed with a chronic lung disease. It may be emphysema, chronic bronchitis, asthma, pulmonary fibrosis, A-1AD, or other breathing disorder. Whatever the case, living day to day with shortness of breath can lead to feelings of confusion, anger, loneliness, and fear. There is help and hope! In Inspirations you'll find real people who have learned to survive and thrive in their daily struggle with shortness of breath through courage, humor, and wisdom. With their stories, Jane Martin has presented an inspiring portrait of the extraordinary power of the human spirit.

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