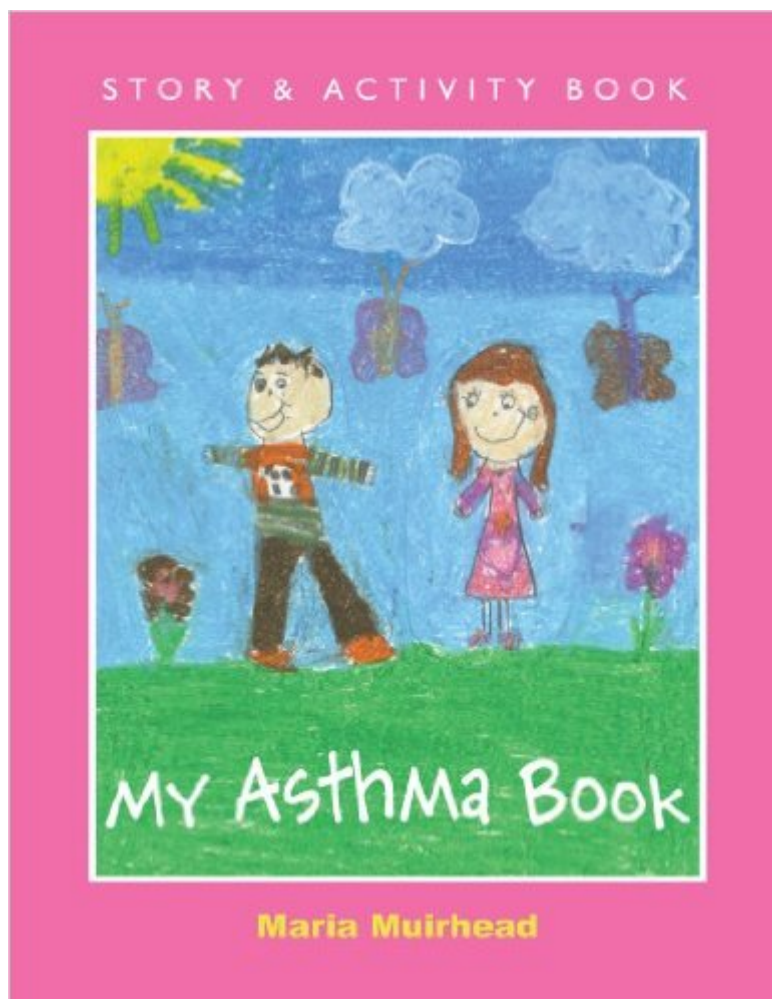


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# My Asthma Book



## 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 stars [See all reviews](#) (1 customer review)

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

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