



# Taking Charge of Asthma: A Lifetime Strategy

*Betty B Wray*

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## **Taking Charge of Asthma: A Lifetime Strategy** Betty B Wray

Asthma touches all ages, races, and walks of life, and it is on the rise both in frequency and in severity. ""Taking Charge of Asthma"" provides practical, up-to-date information to help you develop an effective personal strategy for managing your symptoms.

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