



Psoriasis at Your Fingertips

Tim Mitchell, Rebecca Penzer

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The more you know about your psoriasis, the better you can deal with it. This invaluable guide gives you medically accurate, practical information on the day-to-day management of the condition. Psoriasis at your fingertips answers over 200 real questions from people with psoriasis and their families. The expert authors pass on useful, easy-to-follow advice on living with psoriasis. They discuss the various treatments available, helping you to discover which work best for you, and give you effective self-help routines. Psoriasis at your fingertips offers up-to-date, positive and practical help, covers topics such as work, holidays, relationships and other people's attitudes, answers the questions your doctor may not have time to answer, and makes it clear that you are not alone.

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