



Who Says I Can't?: A Guide to Living Well with COPD

Joe Lodge

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If your life has been touched by COPD, whether you are a patient, family or a health worker involved in the care of COPD patients, this book is for you! Joe Lodge, a UK COPD patient, draws on 15 years experience living with severe emphysema, to help the reader understand the mindset of dealing with COPD. He both challenges and inspires the reader to make positive changes to their current lifestyle and management of their COPD. In the book he explores the changing mindset from initial diagnosis, through coping with COPD and on to actually finding ways to regain enjoyment of life, using a number of strategies he developed over the years, allowing him to continue working, manage as a lone parent and maintain a positive outlook.

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