



**Ebook Directory**  
the best source of ebook

The book was found

# Gasping For Air: How Breathing Is Killing Us And What We Can Do About It



## Synopsis

Breathing is a continuous battle between our need for oxygen and forces in nature that attack our lungs. Three hundred thousand Americans will die of respiratory diseases this year. *Gasping for Air* is the dramatic story of how infections, toxins, carcinogens, and air pollution strike against one of our basic body functions. The book also describes how we come into the struggle with diseases like asthma, cystic fibrosis, and sleep apnea, which make us vulnerable to assaults on breathing from without and within. We have powerful weapons to defend breathing. Medical science, public health, engineering, and business, all play important roles in the effort to support breathing. Yet, *Gasping for Air* also reminds readers how breathing support has been at the eye of the storm in many ethical dilemmas of modern healthcare. Here, Kevin Glynn, an experienced pulmonologist and lifelong asthma sufferer tells stories about the third most common cause of premature deaths in the developed world, describes lethal forces in Nature (infections, genetic predispositions) and from human activities (dusty occupations, tobacco smoking, chemical toxins, drug overdoses) that threaten to suffocate us, and offers sage advice for how to prevent and address those threats and the damage they cause.

## Book Information

File Size: 897 KB

Print Length: 268 pages

Publisher: Rowman & Littlefield Publishers (August 8, 2017)

Publication Date: August 8, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B073XWVWS4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #329,593 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23

in Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine > Pulmonary #32

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory #65 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung

& Respiratory Diseases

[Download to continue reading...](#)

Gasping for Air: How Breathing Is Killing Us and What We Can Do about It AIR FRYER: TOP 35 Easy And Delicious Recipes In One Cookbook For Everyday Life (Air Fryer Recipe Book, Air Fryer Cooking, Air Fryer Oven, Air Fryer Baking, Air Fryer Book, Air Frying Cookbook) Air Fryer: Air Fryer Cookbook: Air Fryer Recipes: Healthy, Quick, & Easy Air Fryer Recipes for You & Your Family (Air Fryer, Air Fryer Cookbook, Air Fryer Recipes Book 1) AIR FRYER COOKBOOK: 135 AMAZINGLY DELICIOUS QUICK & EASY AIR FRYER RECIPES (air fryer healthy recipes, air fryer paleo, air fryer ultimate, air fryer gluten free, air fryer ketogenic) Air Plants: A Beginners Guide To Understanding Air Plants, Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) Air Plants: Everything that you need to know about Air Plants in a single book (air plants, air plant care, terrarium, air plant book) Air Fryer Cookbook: 450 Amazingly Healthy & Delicious Air Fryer Recipes. (With Nutrition Facts of Each & Every Recipe) (Air fryer Cookbook, Air fryer Recipes, Air fryer Recipe Book) Air Fryer Cookbook: Healthy & Easy Air Fryer Recipes for Everyone (Air Fryer Recipe Book, Air Fryer Cooking, Best Air Fryer Recipes) Breathing Free: The 5-day Breathing Programme That Can Change Your Life Air Fryer Cookbook: 365 Days of Air Fryer Cookbook - 365 Healthy, Quick and Easy Recipes to Fry, Bake, Grill, and Roast with Air Fryer (Everything Complete Air Fryer Book, Vegan, Paleo, Pot, Meals) BOOK BUNDLE: The complete set of 3 awesome Air Fryer cookbooks: Air Fryer Made Simple, Air Fryer Advanced, Air Fryer Ultimate. Make pro level dishes from the comfort and privacy of Your kitchen! Air Fryer Recipes Cookbook: Delicious 123 Recipes to Fry, Bake, Grill, and Roast with Your Air Fryer( Air Fryer Cookbook, Oil Free Cookbook, Healthy Air Fryer Recipes) Air Fryer Recipes: The Ultimate Air Fryer Recipes Book for Your WHOLE Family - Includes 101+ Delicious & Healthy Recipes That Are Quick & Easy to Make for Your Air Fryer (Air Fryer Series) Air Fryer Cookbook: The Quick & Easy Guide to Delicious Air Fryer Meals - Air Fryer Recipes - Complete Air Fryer Guide Air Fryer Ultimate Cookbook - 2nd Edition: The Quick & Easy Guide to Delicious Air Fryer Meals - Air Fryer Recipes - Complete Air Fryer Guide Breathing: Breathing Techniques: For Happiness and Healthy Living (For Anxiety, Stress, Energy, Focus, Depression) Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Barely Breathing (The Breathing Series, Book 2) Air Fryer Cookbook: Quick and Easy Low Carb Air Fryer Vegetarian Recipes to Bake, Fry, Roast and Grill (Easy, Healthy and Delicious Low Carb Air Fryer Series) (Volume 4) Air Fryer Cookbook: 50 Most Delicious and Easy American and British Air Fryer Recipes to Grill, Fry and Roast with you Air Fryer

Contact Us

DMCA

Privacy

FAQ & Help