



Arthritis: 300 Tips for Making Life Easier

Shelley Peterman Schwarz

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Arthritis: 300 Tips for Making Life Easier is a compendium of tips, techniques, and life-task shortcuts all learned from personal experience. Author Shelley Peterman Schwarz has lived with a chronic disease for years and as a result had to develop these creative ideas to make her life easier.

These useful tips will make all the daily tasks of household management easier, less frustrating, and more enjoyable. The book gives valuable information on organizing workdays, households, activities, chores and making homes more accessible.

Helpful for both health professionals working with people living with arthritis and also of great use for people with arthritis to learn very simple and practical tips for everyday life. The book is well organized by topic, easy to read, clearly written, and has up-to-date references which include addresses, phone, and web sites.

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