

### **Coping:** A practical guide for people with lifechallenging diseases and their caregivers

Rubin Battino



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# Coping: A practical guide for people with life-challenging diseases and their caregivers

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**Coping: A practical guide for people with life-challenging diseases and their caregivers** Rubin Battino A practical guide for those living with or dealing with life-challenging diseases. Coping features a wide range of techniques and exercises that have proved to have a healing influence. " An excellent source of information and wisdom" Bernie Siegel MD, author of Love, Medicine & Miracles and Prescriptions for Living

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