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Tired of battling joint pain, stiffness, and soreness? The Everything® Healthy Living Series is here to help. These concise, thoughtful guides offer the expert advice and the latest medical information you need to understand and treat arthritis.

Inside you'll find expert advice and helpful tips on managing pain at work, staying physically active, and minimizing the impact of arthritis on your social life. Living with arthritis can be challenging, but with the right guidance you can manage your symptoms to live a healthy and active life.

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