



# Chronic Health Journal: Regaining Control of Your Life

*Olav Folland*

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## **Chronic Health Journal: Regaining Control of Your Life** Olav Folland

This daily journal was created as a means to help people with chronic health issues to track their day-to-day health, pain, and many of the key factors that can affect them. It is structured to help both the patient and their health-care providers spot triggers, trends, and other factors that can affect the patient's ongoing quality of life. For free sample pages, see <http://www.follandfamily.com/chronic-health-journal/>

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