

# **SOLVING YOUR BLADDER TROUBLE**

**Self-Help Guide for  
URINARY INCONTINENCE**

**"THIS BOOK IS AN EXCELLENT  
CONTRIBUTION...I HOPE YOU  
WILL FIND IT AS INFORMATIVE  
AND HELPFUL AS I DID."**

*—Dr. Heront Q. Marcarian, M.D.*

# Solving Your Bladder Trouble Selfhelp Guide For Urinary Incontinence

**Yi-Tong Ma**



## **Solving Your Bladder Trouble Selfhelp Guide For Urinary Incontinence:**

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