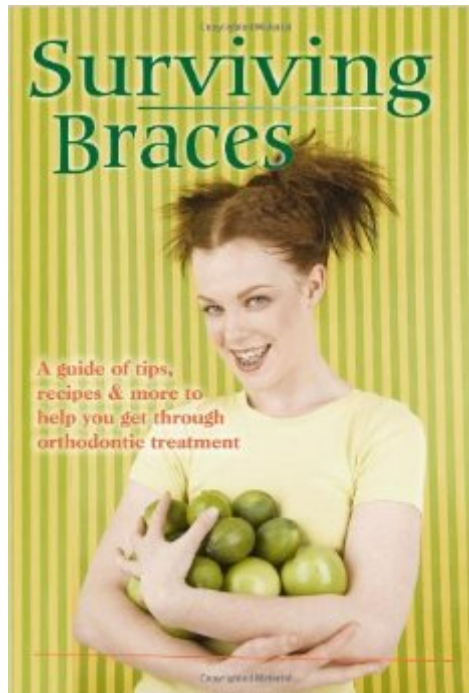


The book was found

# Surviving Braces, A Guide Of Tips, Recipes And More To Help You Get Through Orthodontic Treatment



## Synopsis

Surviving Braces, a guide of tips, recipes and more to help you get through orthodontic treatment, is a unique book on getting through the orthodontic journey. It has everything included to breeze through orthodontic care informed and empowered. Included are chapters with more than 65 delicious braces-friendly recipes and much more. There are practical tips and what to expect when you get braces, funny stories and braces trivia, an orthodontic diary, an elastics tracker, and help with orthodontic emergencies. There is even a diagram showing the parts of braces, to help you better communicate with your orthodontist. Child or adult, patient or parent, this book is a must have for anyone taking the journey of orthodontics. It makes a great gift too!

## Book Information

Perfect Paperback: 163 pages

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #1,606,023 in Books (See Top 100 in Books) #89 in [Books > Medical Books > Dentistry > Orthodontics](#) #56117 in [Books > Cookbooks, Food & Wine](#)

## Customer Reviews

I bought this book for my daughter (who just got braces). Of course, I was the first one to read it. It answered all my questions and even questions that I didn't think to ask. I found it very easy to read. And my daughter actually read it cover to cover. I think it gave her confidence in dealing with her new braces. Well worth the money.

I really appreciated this book. It had a lot of GREAT and concise information and really helped me to get a better feel (as an adult about to get braces) for what to expect. The only caveat I had is the price is a bit high. It's a pretty small book. So due to the high price - that's why I'm only giving it 3 stars but if it were priced more reasonably I'd easily consider 4 or 5 stars. If you're ok with the expense, I think you'll love the info in the book.

This is an awesome book. Nice tips for dealing with pain, nice diary in it with a place for before and after pictures. I like the section for must haves in the pantry.

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Surviving Braces, a guide of tips, recipes and more to help you get through orthodontic treatment  
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2) Eating Well Through Cancer: Easy Recipes & Tips to Guide you Through Treatment and Cancer Prevention Orthodontically Driven Corticotomy: Tissue Engineering to Enhance Orthodontic and Multidisciplinary Treatment Orthodontic Biomechanics: Treatment Of Complex Cases Using Clear Aligner (Recent Advances in Dentistry Book 1) Orthodontic Treatment of Impacted Teeth Fundamentals of Orthodontic Treatment Mechanics Essays That Will Get You into Medical School (Essays That Will Get You Into...Series) [Second Edition] (Barron's Essays That Will Get You Into Medical School) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Asthma: Treatment for beginners (2nd EDITION + BONUS CHAPTERS) - Diet, Cures and Natural Remedies to get rid of Asthma Naturally (Asthma Cure - Asthma Diet - Asthma Treatment - Asthma Tips Book 1) The Ortho Manifesto: How to Inspire Your Team to Greatness, Grow an Orthodontic Practice You Love and Live a Life of Meaning The Mega Crockpot Recipes Box Set: Crockpot Recipes, Slow Cooker Recipes, Crock pot Recipes, Dump Dinner Recipes, Quick Meal Recipes: Over 300 All Time ... Recipes For You & Your family (99+1 Book 4) Grow Fruit Indoors Box Set: 22 Cultivating Tips to Make Your Own Garden With Extra Gardening Tips To Grow Your Favorite Exotic Fruits Plus Tips How to ... Set, Grow Fruit Indoors, Gardening Tips) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Easy Chicken Recipes Cookbook: Top 50 Mouth-Watering, Easy to Make Recipes Including Grilled Chicken Recipes, Baked Chicken Recipes, Chicken Soup Recipes, Chicken Thigh Recipes, and Many More! How To Get Rid Of Lice: Discover How To Get Rid Of Head Lice, Useful Home Remedies For Lice And Which Lice Treatment You Should Choose For Getting Rid Of Lice! Orthodontic Management of Agenesis and Other Complexities 2nd Grade Reading Skill Builders: Activities, Exercises, and Tips to Help You Catch Up, Keep Up, and Get Ahead (Sylvan Language Arts Workbooks) Kindergarten Super Math Success: Activities, Exercises, and Tips to Help You Catch Up, Keep Up, and Get Ahead (Sylvan Math Super Workbooks)

