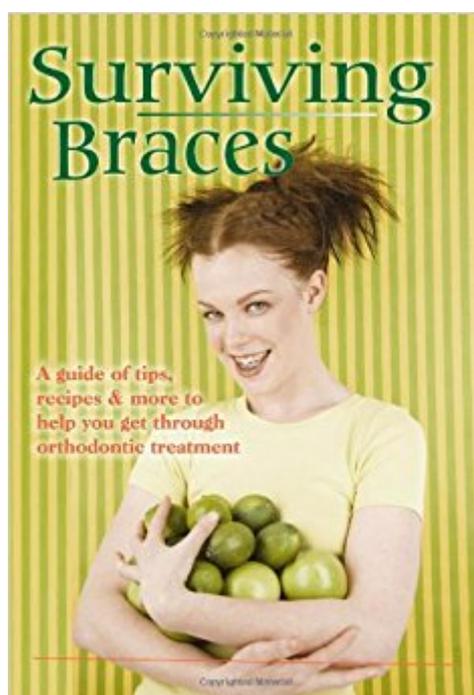


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# Surviving Braces, A Guide Of Tips, Recipes And More To Help You Get Through Orthodontic Treatment



## 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

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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  
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