Follow Alison when she finds out she has asthma. Learn with her about the way our airways and lungs work and how asthma affects our breathing. Read about the causes and treatment and see how relieved Alison is at the end of the book!
DEDICATION

To Jackson, a brave fighter who is truly a gift to all that know and love him.
Alison is six years old. She was visiting Dr. Daniel because lately she’d been having difficulty breathing when she ran around and coughed a lot.

Her mom also noticed that she made a wheezing noise after exercising.
Daniel welcomed Alison.

“Hello Alison. It’s good to see you. How are you?”

Alison and her mom told him about her coughing and other symptoms.

Dr. Daniel got his stethoscope and listened to Alison’s chest. He asked her to take a deep breath in and then breathe out slowly.