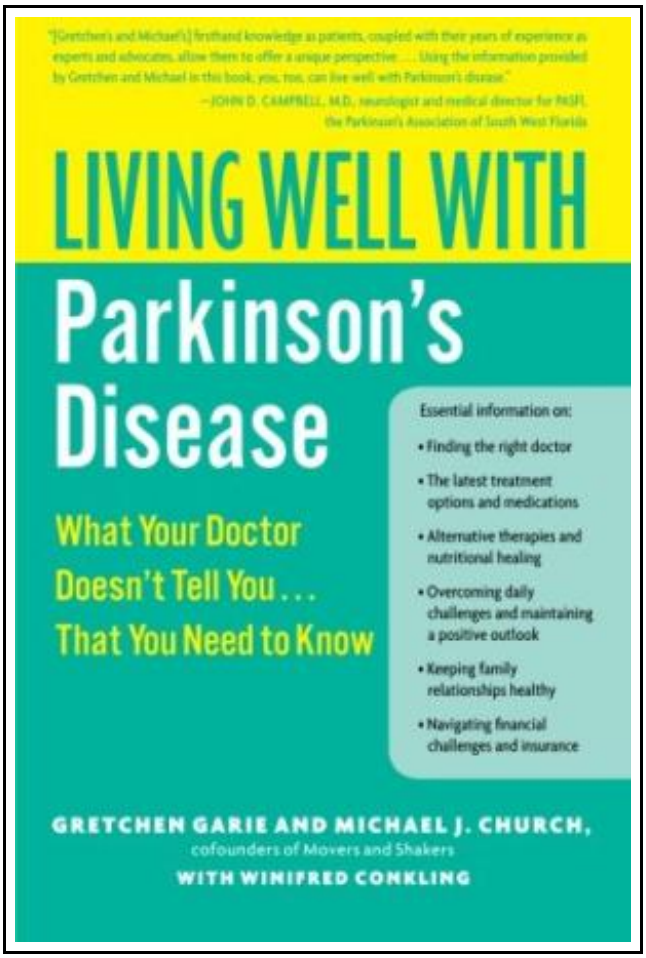
Living Well with Parkinson's Disease: What Your Doctor Doesn't Tell You.That You Need to Know



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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Living Well with Parkinson's Disease: What Your Doctor Doesn't Tell You.That You Need to Know, Gretchen Garie, Michael J. Church, Winifred Conkling, This is a complete guide to Parkinson's disease, from a patient advocate who founded a successful Parkinson's support group. This comprehensive guide provides detailed information on the medical, emotional, financial, and practical aspects of Parkinson's Disease from two of America's leading advocates for people with the condition. The tone is conversational, pragmatic and personal: the authors offer practical suggestions on handling everyday challenges such as buttoning a shirt or rolling over in bed, explore how PD affects relationships, discuss the role of diet, supplements, rest and relaxation, and the mind-body connection, and offer strategies for navigating professional life.They not only explain what PD is, but unlike other books they show how PD feels, sharing anecdotes and reflections from their own experience and from dozens of people who are living well with PD. This compassionate and inspiring book offers knowledge and wisdom from those who understand the challenges of dealing with PD each day.

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