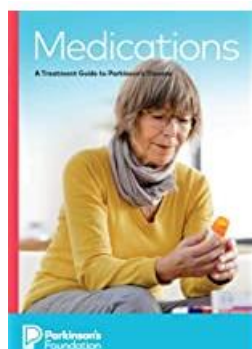
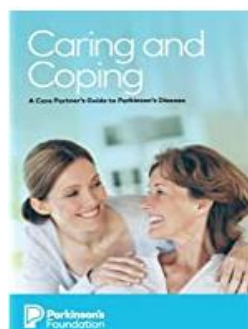
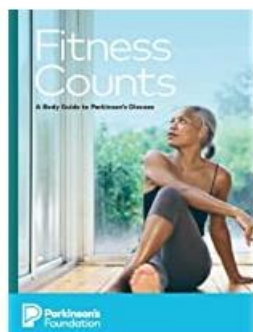
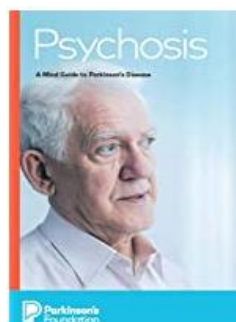
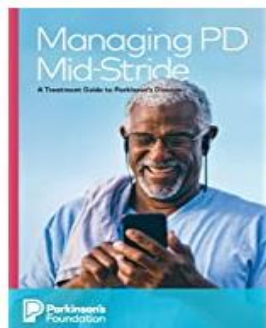


Parkinson's Symptoms Resources

<https://www.parkinson.org/library/books/faq>

PD Library | Parkinson's Foundation





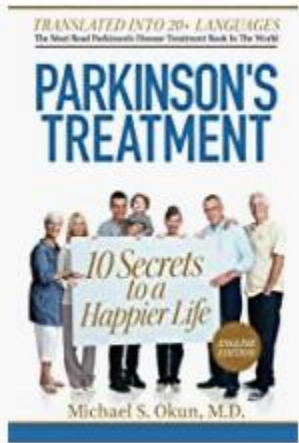
Daily Symptom Tracker: Simple Symptom Tracker Journal Logbook | Track Your Symptoms | Large

by T P Believer



Parkinson's Disease Guide for Patients & Caregivers: Parkinson's Disease is a neurological disorder that affects the movement of the patient's limbs. Parkinson's disease is a movement illness that affects the nervous system. Tremor, sluggishness of movement, stiff muscles, an uneven gait, and difficulty with balance and coordination are some of the most common symptoms. There is currently no treatment available for the disease. With medicine, the majority of patients may maintain a high level of quality of life. Surgery can be beneficial in some patients by alleviating their symptoms. Parkinson's disease is a degenerative nervous system ailment that has a negative impact on motor function. Symptoms appear gradually, sometimes beginning with a scarcely detectable tremor in only one hand, then progressing to the other. Although tremors are prevalent, the condition is also associated with stiffness and slowness of movement in many people. It is not possible to cure Parkinson's disease, although drugs may be able to dramatically improve your symptoms. The use of surgery to regulate certain regions of your brain and alleviate symptoms is occasionally recommended by doctors.

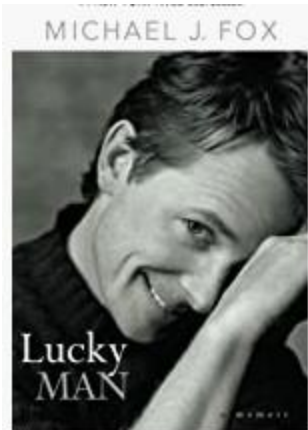
Leisure Reading / Testimonials



Internationally renowned as both a neurologist and a leading researcher, Dr. Okun has been referred to as, “the voice of the Parkinson’s disease patient.” He has an international following on the National Parkinson Foundation’s Ask the Doctor web-forum. His many books and internet blog posts are brimming with up-to date and extremely practical information. He has a talent for infusing his readers with positivity and optimism. In his current book, he unmaskes the important secrets applicable to every Parkinson’s disease patient. For some sufferers the secrets have translated into walking again, for others they have restored voices, and for many. "There isn't any joking with Dr. Okun about the 10 Secrets for a Happier Life in Parkinson's disease. This book is a critical resource for Parkinson's disease patients and families from around the world who speak different languages but suffer from very similar and often disabling symptoms." –Muhammad Ali

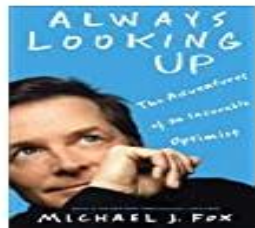
The book addresses current Parkinson’s disease issues and also details emerging therapies (DBS, stem cells, vaccines, gene therapy, optogenetics). Okun masterfully breaks down all of the science into an easy to follow and pleasurable reading experience. Parkinson’s Treatment: 10 Secrets to a Happier Life is available in over 20 language translations, and also in an audio version. Dr. Okun has truly helped thousands of Parkinson’s disease patients and families discover the core values necessary to achieve happiness despite living with a chronic disease.

https://www.amazon.com/Parkinsons-Treatment-Secrets-Happier-Life-ebook/dp/B00BV6ZX68/ref=pd_rhf_se_s_pd_sbs_rvi_sccl_2_11/144-5613830-2301135?pd_rd_w=FJsdN&content-id=amzn1.sym.afb460dc-fa69-4440-8ffa-68f8a04f70ba&pf_rd_p=afb460dc-fa69-4440-8ffa-68f8a04f70ba&pf_rd_r=YCF6SEW6H1NJXZRY9CA6&pd_rd_wg=Ky0h7&pd_rd_r=5d564baa-b70c-42fa-9c41-b7a4c7ebedc8&pd_rd_i=B00BV6ZX68&pssc=1



A funny, highly personal, gorgeously written account of what it's like to be a 30-year-old man who is told he has an 80-year-old's disease. "Life is great. Sometimes, though, you just have to put up with a little more crap." -- Michael J. Fox

https://www.amazon.com/Lucky-Man-Michael-J-Fox-ebook/dp/B00606WU3S/ref=pd_rhf_se_s_pd_sbs_rvi_sccl_2_15/144-5613830-2301135?pd_rd_w=tjQbY&content-id=amzn1.sym.afb460dc-fa69-4440-8ffa-68f8a04f70ba&pf_rd_p=afb460dc-fa69-4440-8ffa-68f8a04f70ba&pf_rd_r=5A2TXHKYXW544BADPVWQ&pd_rd_wg=U3oot&pd_rd_r=dc732d41-8f95-454a-9e7f-0b300e5d0b0e&pd_rd_i=B00606WU3S&psc=1



Always Looking Up:
The Adventures of an
Incurable Optimist
> Michael J. Fox

There are many words to describe Michael J. Fox: Actor. Husband. Father. Activist. But readers of *Always Looking Up* will soon add another to the list: Optimist. Michael writes about the hard-won perspective that helped him see challenges as opportunities. Instead of building walls around himself, he developed a personal policy of engagement and discovery: an emotional, psychological, intellectual, and spiritual outlook that has served him throughout his struggle with Parkinson's disease. Michael's exit from a very demanding, very public arena offered him the time-and the inspiration-to open up new doors leading to unexpected places. One door even led him to the center of his own family, the greatest destination of all.

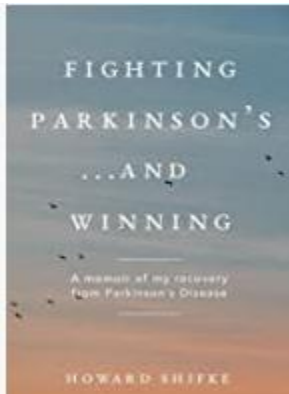
https://www.amazon.com/Always-Looking-Up-Adventures-Incurable-ebook/dp/B0020Q3FUE/ref=pd_sbs_sccl_1_2/144-5613830-2301135?pd_rd_w=y36TR&content-id=amzn1.sym.f20cd814-1d01-49fb-93a8-83020525ea50&pf_rd_p=f20cd814-1d01-49fb-93a8-83020525ea50&pf_rd_r=FC8KSWVH1S26XB5SZWZG&pd_rd_wg=6qLGX&pd_rd_r=f1703a93-cd2a-45ff-ad8d-bca83bd2ddb9&pd_rd_i=B0020Q3FUE&psc=1



No Time Like the
Future: An Optimist
Considers Mortality
>Michael J. Fox

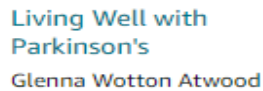
In *No Time Like the Future: An Optimist Considers Mortality*, Michael shares personal stories and observations about illness and health, aging, the strength of family and friends, and how our perceptions about time affect the way we approach mortality. Thoughtful and moving, but with Fox's trademark sense of humor, his book provides a vehicle for reflection about our lives, our loves, and our losses.

https://www.amazon.com/Time-Like-Future-Considers-Mortality-ebook/dp/B083RS9NXG/ref=pd_sbs_sccl_1_1/144-5613830-2301135?pd_rd_w=y36TR&content-id=amzn1.sym.f20cd814-1d01-49fb-93a8-83020525ea50&pf_rd_p=f20cd814-1d01-49fb-93a8-83020525ea50&pf_rd_r=FC8KSWVH1SZ6XB5SZWZG&pd_rd_wg=6qLGX&pd_rd_r=f1703a93-cd2a-45ff-ad8d-bca83bd2ddb9&pd_rd_i=B083RS9NXG&psc=1

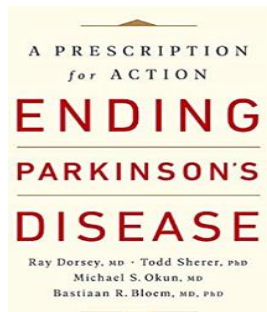


Howard Shifke, fully recovered from Parkinson's Disease. This memoir presents Howard's story of getting Parkinson's and provides a detailed account of how he won the fight against it. The memoir tells the story of what it was like for Howard to live day-to-day with Parkinson's, getting through the daily challenges and misgivings as well as how he looked toward the future with hope. Howard had started studying alternative healing and Traditional Chinese Medicine. In the ten years leading up to his diagnosis, he had learned the body has the ability to heal itself. As a result, Howard decided he would endeavor to recover from Parkinson's, and he developed an alternative treatment methodology called his Parkinson's Recipe for Recovery®. Nine months later, he won the fight against Parkinson's with his full recovery.

https://www.amazon.com/Fighting-Parkinsons-Winning-recovery-Disease-ebook/dp/B077J2M65Y/ref=pd_sbs_sccl_1_4/144-5613830-2301135?pd_rd_w=y36TR&content-id=amzn1.sym.f20cd814-1d01-49fb-93a8-83020525ea50&pf_rd_p=f20cd814-1d01-49fb-93a8-83020525ea50&pf_rd_r=FC8KSWVH1SZ6XB5SZWZG&pd_rd_wg=6qLGX&pd_rd_r=f1703a93-cd2a-45ff-ad8d-bca83bd2ddb9&pd_rd_i=B077J2M65Y&psc=1

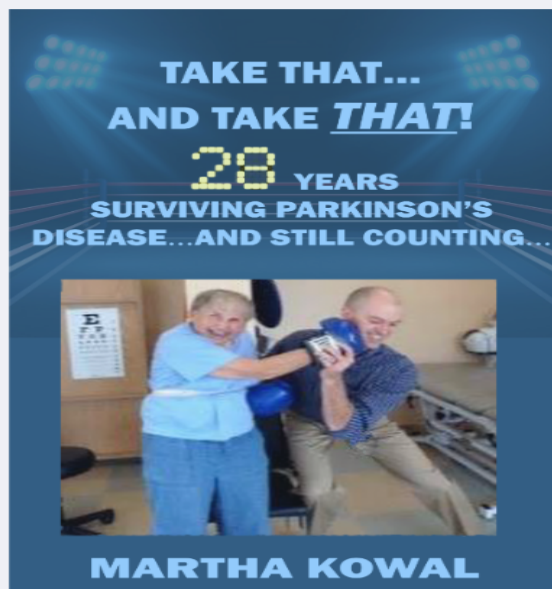


https://www.amazon.com/Living-Parkinsons-Glenna-Wotton-Atwood/dp/1630261297?psc=1&pd_rd_w=gKAUz&content-id=amzn1.sym.25248977-401c-428a-bf0f-e1aa228a5886&pf_rd_p=25248977-401c-428a-bf0f-e1aa228a5886&pf_rd_r=CVCSD3N9AT6Q45FZBGBT&pd_rd_wg=0HzwK&pd_rd_r=edfeb179-97d9-422c-a1dc-ffd1d378cc4d&ref_=sspa_dk_rhf_search_pt_sub_6&spLa=ZW5jcjnlwdGVkUXVhbGlmaWVvPUEuXr1BYMU05TDgxWEhQJmVuY3J5cHRlZElkPUeWwNzlxMDkwMzdaWFRVQUVWU0JPVSZlbnNyeXB0ZWRBZEIkPUeWwODM1ODIwM1MwM0tOUFOOTlOSZ3aWRnZXROYW1lPXNwX3JoZl9zZWYyZ2gmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl



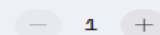
Brain diseases are now the world's leading source of disability. The fastest growing of these is Parkinson's: the number of impacted patients has doubled to more than six million over the last twenty-five years and is projected to double again by 2040. Harmful pesticides that increase the risk of Parkinson's continue to proliferate, many people remain undiagnosed and untreated, research funding stagnates, and the most effective treatment is now a half century old.

<https://www.amazon.com/Ending-Parkinsons-Disease-Prescription-Action/dp/1541724526>



Take that and take **THAT!** 28 years surviving Parkinson's Disease ... and still counting ...

\$17.95



Buy Now \$17.95

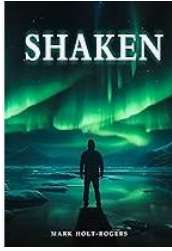
Description

This memoir shares my story - not about the scientific aspects of the disease, but about the nitty-gritty daily grind of living with Parkinson's. And, yes, the positives, too, of living with this affliction, and there are some, definitely.

"Take That... that, and... **THAT!** Parkinson's, you are not welcome in my life." WHAP, WHAP, WHAP!

Parkinson's has closed many doors, but it has opened at least as many.

www.takethatandtakethat.com

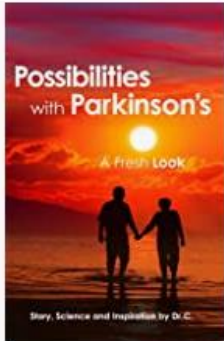


Learn How to Live With Parkinson's In 'Shaken' Written by Mark Holt-Rogers; Feb 26, 2024

A seasoned Wellbeing Specialist who's been living with Parkinson's for over a decade. I walked into the consultant's room as a normal guy. Ten minutes later I was Mr. Parkinson's. That 10-minute consultation changed my life. Now 14 years later I want to share my story to all those diagnosed with a life changing diagnosis. I've been there, and personally know the pain and anxiety that a debilitating diagnosis can cause. 'Shaken' is your remedy to this uncertainty, it's a self-help guide drawing from my own experiences and discoveries for Parkinson's warriors and their families, friends and colleagues.

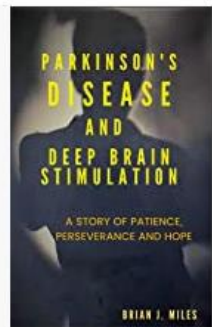
https://www.amazon.com/SHAKEN-Strength-Parkinsons-Self-Help-Colleagues-ebook/dp/B0CWLPX4YG/ref=sr_1_1?crid=2275MGVQ5NVOL&dib=eyJ2IjojMSJ9.FKk9SLPMP8YIlc021CP9wrDBUGDCjpRVra786JojtDmjIqOh3OWTIZjmazkjRKIHqYIpiaGIWmgKDj00we5B868oE4zlSjqlHMZkpYak_xl6SW_eJcfJVBIRwDBYxrxRCZRe8Ph-XTM3n2hOKsLpFbvWMpBIWArnSEh87tvK1dJklIF9qZ5qTkpDOc_8swJpbVgfZ8W1xNXx0eb0aYm2fgKZaleyCyrrFvbZvSP_FNs.Af8fYrwd9f1kiH5JoGxir25BUP6dV3VIJlraOFj1pnM&dib_tag=se&keywords=Parkinson+Book+Shaken&qid=1721116334&s=books&prefix=parkinson+book+shaken+%2Cstripbooks%2C151&sr=1-1

Care Giving Resources



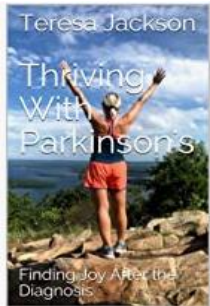
Those with Parkinson's, and those who are caregivers and human service professionals, will benefit from reading this book. The book truly offers a fresh look: one filled with possibility.

https://www.amazon.com/Possibilities-Parkinsons-Fresh-Look-Dr-ebook/dp/B09684DRRP/ref=sr_1_34?keywords=Parkinson%27s&qid=1655594210&s=digital-text&sr=1-34



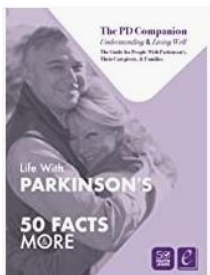
After years of managing the progressive symptoms of Parkinson's disease Brian Miles had a decision to make. Should he continue to rely on drugs that were becoming more numerous, more expensive and less effective in controlling his symptoms or should he make the very significant commitment to undergo deep brain stimulation surgery. As he contemplated this momentous decision, he began writing a blog to capture the essence of the experience. After grappling with more unforeseen complications than he could have imagined, he came out on the other side not only with a story to tell, but with a contemporaneous blog to help him tell it. In this living example of patience, perseverance and the resilience of the human spirit, the author tells the story.

https://www.amazon.com/Parkinsons-Disease-Deep-Brain-Stimulation-ebook/dp/B08X9H9SVX/ref=sr_1_41?keywords=Parkinson%27s&qid=1655594527&s=digital-text&sr=1-41



Thriving with Parkinson's Finding Joy After the Diagnosis, Teresa Jackson tells her compelling life story from a place of authenticity, outlining both the challenges and the silver linings that come with a Young Onset Parkinson's Disease diagnosis. Teresa recalls the day she was diagnosed and the decisions she made immediately following. The emotions are so raw that you can almost hear the fight music play as she tells of her struggle from battling the darkest days after her initial diagnosis to gracing the stage of the Mrs. Virginia Pageant answering her on-stage question as a top ten finalist. Teresa was determined to overcome the obstacles her disease put in her path. You will leave motivated to climb your own mountain. Having worked in healthcare for more than thirty years, Teresa knew she had a tough road ahead. However, with sheer force of character and in true fashion, she met her challenge head on.

https://www.amazon.com/Thriving-Parkinsons-Finding-After-Diagnosis-ebook/dp/B08Z5MP3XG/ref=sr_1_73?keywords=Parkinson%27s&qid=1655595447&s=digital-text&sr=1-73



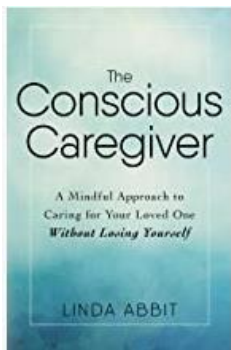
The PD Companion, a lifestyle manual for living with Parkinson's disease (PD), is filled with salient insights helpful for anyone with PD, their care partners, and families, and it comes packed with love. The book is not overly long, yet it overflows with important information. The clinical details within have been reviewed by the well-respected Parkinson's researcher Dr. Alberto Espay of the Gardner Center for Parkinson's Disease and Movement Disorders at the University of Cincinnati. The manner of information presentation creates reading as easy as it can get when describing a disorder like PD, a disease where no 2 people's experience of it are exactly alike.

https://www.amazon.com/Life-Parkinsons-Facts-More-Companion-ebook/dp/B09XBM4WX2/ref=sr_1_87?keywords=Parkinson%27s&qid=1655596159&s=digital-text&sr=1-87



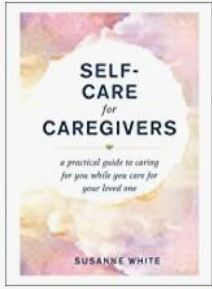
More than ten million people worldwide live with Parkinson's disease, and their spouses are most likely to be their primary caregivers. The transition from spouse to caregiver is not an easy one, often causing frustration, resentment, sadness, fear, and concern about the future. A lot has been written about caring for the Parkinson's patient, but their caregivers need a book to help them cope with the enormous life changes that Parkinson's brings to a relationship. This book does that. Barbara Davis's husband had Parkinson's for over twenty years. She wrote this book after more than two decades of personal experience because she wanted to chronicle the serious matters that most Parkinson's partners don't like to talk about publicly, and the feelings and frustrations they are embarrassed to share. By discussing these challenges openly and honestly, this unique book seeks to help others in ways that are not otherwise easily accessible, and to let them know that they are not alone in dealing with the negative life impacts of Parkinson's Disease.

https://www.amazon.com/Advice-Parkinsons-Wife-Lessons-Learned-ebook/dp/B09SGRPS8M/ref=sr_1_14?keywords=Parkinson%27s&qid=1655590317&s=digital-text&sr=1-14



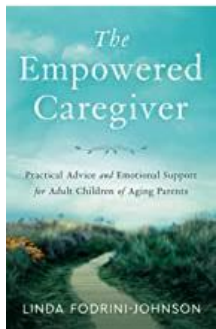
Being a caregiver can be a difficult role. It requires patience, tenderness, selflessness, and hard work. Providing care for someone, whether it's a parent, a loved one, or as a professional requires a high level of self-love and self-care. But while it may be a rewarding experience to care for a loved one, the emotional and physical stress of caregiving can lead to burnout and exhaustion—causing caregivers to put themselves and their own well-being in the background.

https://www.amazon.com/Conscious-Caregiver-Mindful-Approach-Yourself-ebook/dp/B01MUEYL0T/ref=sr_1_1?keywords=The+Conscious+Caregiver+Linda+Abbit&qid=1655597339&s=digital-text&sr=1-1



It's been said that there are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will become caregivers, and those who will need caregivers. Chances are you or someone you know is taking care of a loved one at home. If you do, you also know that caregiving—however fulfilling—is also hard on the caregiver's mental and physical health. Self-care is vital to caregivers maintaining stamina and a positive outlook for both themselves and the people they care for. But being so busy caring for others can make it hard to find time for yourself.

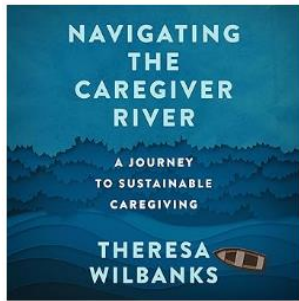
https://www.amazon.com/Self-Care-Caregivers-Practical-Guide-Caring-ebook/dp/B09JPJBCDX/ref=sr_1_4?keywords=The+Conscious+Caregiver+Linda+Abbit&qid=1655597583&s=digital-text&sr=1-4



In this book, you'll find quick ideas that you can immediately apply, easy-to-view lists, scripts to use for tough conversations, examples of questions to ask doctors and lawyers, and other resources, all rooted in author Linda Fodrini-Johnson's deep understanding of aging and life transitions and her 30+ years as a therapist, counselor, and certified geriatric care manager. It's organized by topic, so you can quickly flip to the information you need most, and it covers all aspects of eldercare, answering questions you didn't even know you had with compassion and experience.

Whether you're an adult child whose parents are aging, an eldercare beginner who doesn't know where to start, someone who is emotionally impacted by the decline of a loved one, a family member of an elder with dementia, or someone seeking expert advice on how to handle their parents' affairs, this book will empower you with the insights, advice, and support you need. *The Empowered Caregiver* is an essential companion you can keep at your side and a must-read for anyone with aging parents. You'll learn how to improve life for your parents, your family, and yourself.

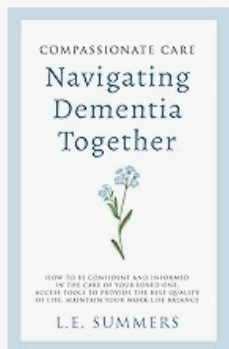
https://www.amazon.com/Empowered-Caregiver-Practical-Emotional-Children/dp/1632994259/ref=sr_1_1?keywords=The+Conscious+Caregiver+Linda+Abbit&qid=1655597583&s=digital-text&sr=1-1-catcorr



A caregiving guidebook to help you navigate your caregiving journey with skill and confidence, *Navigating the Caregiver River: A Journey to Sustainable Caregiving* empowers the family caregiver with tools and strategies to create a sustainable caregiving experience for the duration of the journey. Theresa Wilbanks cared for her father until he passed at the age of 99. During that time, she learned that caring for a family member is overwhelming, lonely, and stirs the perfect storm of emotions. When she learned to set boundaries, use mindfulness to enhance awareness, identify when winning was losing and equally important, when losing was winning, she began to manage the thoughts and emotions that were causing crippling stress.

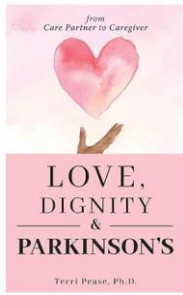
With humor and vulnerability, Theresa shares her story and the strategies that helped her move from drowning to navigating. Travel along and hold on through the rapids, loosen your grip to steer over and around the obstacles, and enjoy the float through the calm sections. Learn tips to manage hospitalizations, when driving is no longer safe, medication management, and more.

https://www.amazon.com/s?k=navigating+the+caregiver+river&i=stripbooks&crd=35D93H6SDDVVD&sprefix=Navigating+the+Caregiver+River%2Cstripbook%2C135&ref=nb_sb_ss_fb_1_30



Take charge of caregiving: conquer daily challenges, communicate effectively, and transform behavioral changes with 9 actionable steps. *Dementia is a gut-wrenching, life-changing, beyond-devastating diagnosis for your loved one and for you, who is responsible for becoming their primary caregiver by choice or default. Suddenly, your fears rise to new heights, and you're confused about what to expect, how to handle the daily challenges, and whether you can improve your loved one's quality of life. This leaves you wondering whether you can balance primary caregiving with work, personal relationships, and your needs. Let's not forget about your enormous financial fears. No one prepares you for dementia, but no one prepares your loved one, either. The world has over 55 million dementia patients, which only increases annually.*

https://www.amazon.com/Compassionate-Care-Navigating-Confident-Work-Life/dp/B0CKP3NX8V/ref=sr_1_2_ssapa?crd=21XQRTOHMOM8&dib=eyJ2ljojMSJ9.-xOmu8DVPsw4W_GQyUYDuA1k7A-CWy-VwJakScQ-IKPGjHj071QN20LucGBJIeps.fZ8nji5iUf_IS6ftSxpcd2RoVPQIlxYPZdOcxAbDco&dib_tag=se&keywords=Navigating+the+Caregiving+River&qid=1721115066&s=books&sprefix=navigating+the+caregiving+river%2Cstripbooks%2C146&sr=1-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1



If your spouse or loved one has been diagnosed with Parkinson's Disease, you may be feeling overwhelmed and unsure of how to best care for them without losing yourself. Seabury House Press's new book, *Love, Dignity and Parkinson's: from Care Partner to Caregiver*, offers a new approach to caregiving that can help ease the stress and anxiety that come with this diagnosis.

In this book, you'll learn how to strengthen your caregiving capacity, maintain peace of mind, and live a less stressful, upsetting, or lonely caregiving life. You'll also find practical tips on how to deal with common experiences like changes in mood, challenging behavior, and communication difficulties.

"Most importantly, *Love, Dignity, and Parkinson's* will serve as a constant reminder that you are not alone in this journey. With compassion and wisdom, Pease offers invaluable insights into the caregiver experience, drawn both from her extensive professional experience providing trauma-informed care and from her own years as a caregiver to her husband. This book is an essential resource for any caregiver navigating the challenges of Parkinson's Disease.

https://www.amazon.com/Love-Dignity-Parkinsons-Partner-Caregiver-ebook/dp/B0BJ7Q1WZ3/ref=sr_1_19?crid=2QNFFH2QUE9WJ&dib=eyJ2IjojMSJ9.ogUIF2Y1_Z0LFfxNVXw7C1oqi7ka_7zA6toTeVmmktjGjHj071QN20LucGBJIEps.WPIPNr2F4Nx1S8wG1jz2KbHZywDbtTfmAGaj-MyAE6Y&dib_tag=se&keywords=Parkinson&qid=1721114531&s=books&sprefix=parkinson+%2Cstripbooks%2C135&sr=1-19

Exercise Resources



Based on cutting-edge research and tested extensively by Australian physiotherapists, this exercise program has been designed to bring out your inner warrior – your PD Warrior! The PD Warrior Philosophy is that exercise, education, community, and a life-long commitment to fighting the symptoms of Parkinson's can help you develop a greater state of physical, mental and social wellbeing. Neurologists and other health professionals are referring to PD Warrior as a game-changer and, since its launch in Australia in 2012, it has grown exponentially, with extremely successful outcomes and widespread popularity. PD Warrior is not a cure, it's your chance to take control. So start now – you have nothing to lose and everything to gain.

https://www.amazon.com/New-Parkinsons-Treatment-Exercise-Medicine-ebook/dp/B07ND3M9RR/ref=sr_1_61?keywords=Parkinson%27s&qid=1655594837&s=digital-text&sr=1-61



Exercises for Parkinson's
Disease: The Complete
Fitness Guide to Impro...
› William Smith

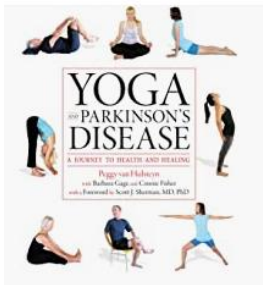
Exercises for Parkinson's Disease is the complete guide to achieving better health, providing everything from tips on how to structure your day to take full advantage of higher energy periods, to tailor-made workout programs designed to boost mobility and balance. Studies have shown that exercise improves fitness and energy levels in Parkinson's patients, while also relieving pain and helping them retain control in their daily life.

https://www.amazon.com/Exercises-Parkinsons-Disease-Complete-Mobility/dp/1578267668/ref=pd_rhf_se_s_pd_sbs_rvi_sccl_1_26/144-5613830-2301135?pd_rd_w=fCAa4&content-id=amzn1.sym.afb460dc-fa69-4440-8ffa-68f8a04f70ba&pf_rd_p=afb460dc-fa69-4440-8ffa-68f8a04f70ba&pf_rd_r=AGMSNFTCJ83WDAXTE79D&pd_rd_wg=h3Qwv&pd_rd_r=7c0469d3-0cdf-41f0-84ad-074215a331da&pd_rd_i=1578267668&psc=1



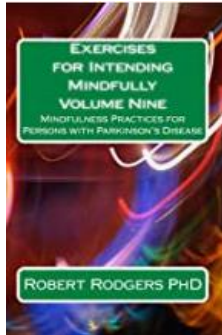
You are not stuck with the brain you have. You can change it! In this guide, you will learn some brain changing tricks of the trade and how get the most out of each day with more energy, enjoyment, and ease and why you should be exercising with PD. You don't have to be a physical therapist to be an expert at exercise. All you need are some clear guidelines, a lot of effort, and little creativity. That's what it takes to stay on top of your PD symptoms, slow the progression of PD, and enjoy a better life.

https://www.amazon.com/Essential-Exercise-Guide-Parkinsons-Disease-ebook/dp/B082BJCXN2/ref=sr_1_5?keywords=parkinson%27s+exercise&qid=1655598009&s=digital-text&sr=1-5



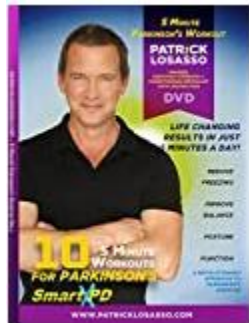
Yoga is one of the most beneficial complementary therapies for Parkinson's disease (PD), helping to increase flexibility, correct posture, loosen tight, painful muscles, build confidence, and in general, enhance the quality of life. Peggy van Hulsteyn, who was diagnosed with PD 12 years ago, has experienced these benefits firsthand. In *Yoga and Parkinson's Disease*, van Hulsteyn draws on her 40-year yoga practice, collaborating with two certified yoga teachers to provide an accessible, easy-to-follow, and encouraging guide for bringing the benefits of yoga into your life, even if you've never done yoga before.

https://www.amazon.com/Yoga-Parkinsons-Disease-Journey-Healing-ebook/dp/B00EC9P1RC/ref=sr_1_46?keywords=parkinson%27s+exercise&qid=1655598271&s=digital-text&sr=1-46



Stress is a primary instigator of symptoms associated with Parkinson's Disease. A practical and powerful way to reduce stress is to become more mindful which, simply put, means we are present in the moment rather than agonizing over the past or anticipating the future. The Parkinsons Recovery Mindfulness Series is designed by Robert Rodgers PhD from Parkinsons Recovery to help persons diagnosed with Parkinson's disease reduce their stress levels by adopting a mindfulness practice. Once stress levels are well under control, symptoms of Parkinson's will have enormous difficulty presenting themselves. The Mindfulness series consists of nine volumes that span the topics of seeing, hearing, noticing, doing, eating, thinking, feeling, being and intending.

https://www.amazon.com/Exercises-Intending-Mindfully-Mindfulness-Parkinsons-ebook/dp/B0003Q1VTG/ref=sr_1_55?keywords=parkinson%27s+exercise&qid=1655598634&s=digital-text&sr=1-55



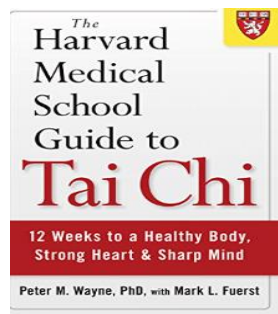
You can feel better in just 5 minutes with these easy to perform Parkinson's specific workouts. 10 rejuvenating 5-Minute workouts that can quickly improve strength, posture and function! 6 chair workouts and 4 standing workouts for all levels of ability! Parkinson's specific exercises and stretches designed to address the symptoms.

https://www.amazon.com/5-Minute-Parkinsons-Workout-Perform-Workouts/dp/B01LZUMOT9/ref=pd_rhf_se_s_pd_sbs_rvi_sccl_2_25/144-5613830-2301135?pd_rd_w=C3ezP&content-id=amzn1.sym.afb460dc-fa69-4440-8ffa-68f8a04f70ba&pf_rd_p=afb460dc-fa69-4440-8ffa-68f8a04f70ba&pf_rd_r=11PT3NVNNTF8PQ320EBW&pd_rd_wg=9ODSP&pd_rd_r=eee5e3d9-4b9b-4c23-828e-edef18aeca3a&pd_rd_i=B01LZUMOT9&psc=1



The LSVT BIG Homework Helper Volume 1 is the first official video based on the LSVT BIG treatment program. This DVD does NOT replace physical or occupational therapy – rather it guides the viewer through exercises for the whole body. It was designed for people with Parkinson's to use as an adjunct to LSVT BIG treatment delivered by an LSVT BIG Certified Clinician, but it can also be used 1) Prior to treatment as an introduction to LSVT BIG therapy, 2) During treatment as a guidance for LSVT BIG homework exercises, and 3) After treatment as a motivation to practice and keep moving well for years to come! The DVD features standing and standing with support exercises based upon the LSVT BIG physical/occupational therapy treatment program.

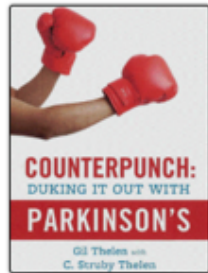
https://www.amazon.com/LSVT-BIG-Homework-Helper-DVD/dp/B00HNEQZ46/ref=pb_bxgy_img_sccl_2/144-5613830-2301135?pd_rd_w=nvTkh&content-id=amzn1.sym.7757a8b5-874e-4a67-9d85-54ed32f01737&pf_rd_p=7757a8b5-874e-4a67-9d85-54ed32f01737&pf_rd_r=H3M239HQMWW5K2K86PJEG&pd_rd_wg=keact&pd_rd_r=a0cf6779-6baa-43b0-916f-dcf8eae4009&pd_rd_i=B00HNEQZ46&psc=1



Conventional medical science on the Chinese art of T'ai Chi now shows what T'ai Chi masters have known for centuries: regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being. Cutting-edge research from Harvard Medical School also supports the long-standing claims that T'ai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system, and the mind. This research provides fascinating insight into the underlying physiological mechanisms that explain how T'ai Chi actually works.

Dr. Peter M. Wayne, a longtime T'ai Chi teacher and a researcher at Harvard Medical School, developed and tested protocols similar to the simplified program he includes in this book.

https://www.amazon.com/dp/B00DC6Q34G/ref=sspa_dk_detail_1?psc=1&pd_rd_i=B00DC6Q34G&pd_rd_w=4H0hs&content-id=amzn1.sym.bff6e147-54ad-4be3-b4ea-ec19ea6167f7&pf_rd_p=bff6e147-54ad-4be3-b4ea-ec19ea6167f7&pf_rd_r=AZXYWXHD2GK0QRHBQ7QP&pd_rd_wg=Y2azW&pd_rd_r=198321eb-d6f4-4e24-87e2-cb987ccb9a46&s=books&sp_csd=d2lkZ2V0TmFiZT1zcF9kZXRhYWwy&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEwODY5MDQ2MjZGZWkiITURVQ0JMTSZlbmNyeXB0ZWRBZEIkPUEwMDQ2Nzc3MUUzNiVYNE5PRIZPRiZ3aWRnZXROYW11PXNwX2RldGFpbDlmYWVW0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl



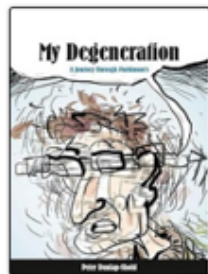
Counterpunch: Duking It Out With Parkinson's

By Gil Thelen with C. Struby Thelen

BookBaby, 2019

A straighttalking newspaper editor and his journalist wife describe their Parkinson's journey with wit and passion. Their Lessons Learned and practical advice will benefit all sufferers and their families who wish to live well with their condition.

[See this book on Amazon](#)



My Degeneration. A Journey Through Parkinson's

By Peter Dunlap-Shohl

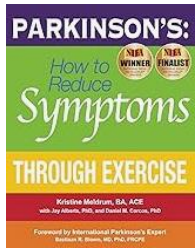
Penn State University Press, 2015

Dunlap-Shohl is a former newspaper editorial cartoonist. He has written a seriously funny book about his wrestling match with the Parkinson's Monster. It is a page turner combining solid science and wry humor.

[See this book on Amazon](#)

https://www.amazon.com/Counterpunch-Duking-Parkinsons-Gil-Thelen/dp/1543945414/ref=sr_1_1?crid=LGAO1E0CG32V&dib=eyJ2ljojMSJ9.2wji67T5B9ShLDnuJPKiA.YcHYCcsnwDj99uXS8bvAlayS9sC3jaXziRGvNaZiqfg&dib_tag=se&keywords=Counter+Punch+Duking+it+Out+with+Parkinson&qid=1721117029&s=books&srefix=counter+punch+duking+it+out+with+parkinson%2Cstripbooks%2C150&sr=1-1

https://www.amazon.com/My-Degeneration-Journey-Parkinsons-Medicine/dp/0271071028/ref=sr_1_1?crid=QR2SV88IHEJ5&dib=eyJ2ljojMSJ9.0aFxeW9XNYni22z3UyHp2wz4-zAmU8Eycq-UlqpcNJpwHGil8IKloGetcjxFvXMIQGomGWdiViBtd61eXq8AQ.RIAalv5JbDbwFqxb-nvpxOvyJR72IYNS0NdfZdrGieQ&dib_tag=se&keywords=my+degeneration+a+journey+through+parkinson+s&qid=1721117141&s=books&srefix=My+Degeneration+%2Cstripbooks%2C140&sr=1-1

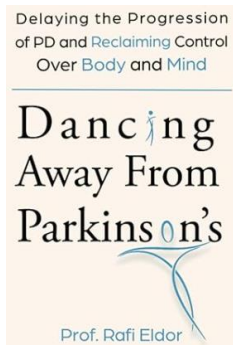


Parkinson's: How to Reduce Symptoms Through Exercise by [Kristine Meldrum](#) , Bastiaan R. Bloem, et al. | Dec 2023

The award-winning book *Parkinson's: How to Reduce Symptoms Through Exercise* has already made a significant difference in the lives of many people with Parkinson's disease (PD). If you have PD and are seeking ways to reduce your symptoms, this book is a valuable resource for you. It meticulously explains how one must work out for specific types of exercise, such as aerobic and strength training for those with Parkinson's Disease (PD), offering you a path to a better quality of life.

This book provides instructions based on the latest scientific studies by world-renowned Parkinson's experts, Parkinson's Exercise Recommendations, and the author's advice on making your own "PD Exercise Cocktail Plan™." The many detailed chapters and appendixes will also serve as a resource to guide you throughout your PD journey, providing you with a credible and effective roadmap

https://www.amazon.com/Parkinsons-Reduce-Symptoms-Through-Exercise/dp/B0CPS14SX9/ref=sr_1_3?crid=2UOSLFSPZISAK&dib=eyJ2IjojMSJ9.WJu9WuqGNwn8isdRJff0OgnmxNfC4S_AWqu_z_XJCfzWVikfZuPECTMZfzu_xF18lc1RehO56LqkL3qXKB64ei2ApYhpTWFOcdh6iAX0L67wegGJE0QFHHcddH2r6nZx48ggUdlidQvRYfhUfHS3QM5t7Ao79IHTY6F4OCqoxmen6ybRc_qI-zlpJM657s9Zn17mWopO_vc29w90UY9QSlfqPPczOxdCjNenyayFI-zM.6k9xJEHwYafCShHfpKjup7Vo3YMplA3KBU_vAqjTqHA&dib_tag=se&keywords=parkinson+exercise&qid=1721117295&s=books&sprefix=parkinson+excercise%2Cstripbooks%2C157&sr=1-3



Dancing Away From Parkinson's by Prof Rafael Eldor (September 2022)

When Professor Rafael Eldor was diagnosed with Parkinson's disease in 2008, he joined the millions around the globe who struggle daily with varying symptoms. He lost his sense of smell, developed internal tremors, freezing episodes, and sleeping disorders. Faced with the prognosis that the disease would leave him fully disabled within five years, Eldor, a prominent economics lecturer and Harvard University alumnus, chose to fight.

In his uniquely optimistic memoir *Dancing Away From Parkinson's*, Prof. Eldor describes his seemingly impossible transformation, in both body **and** mind. He shares how the discovery and practice of ballroom dancing helped him not only delay the progression of Parkinson's' most prominent symptoms.

<https://www.amazon.com/Dancing-Away-Parkinsons-Progression-Reclaiming/dp/B0BFWFL6Y2>

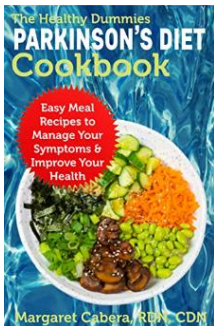
Diet and Nutrition Resources



Managing Parkinson's
With Diet
Yuchi Yang RD

The author, Yuchi Yang, has been a registered dietitian for more than twenty years. She has helped many of her clients manage Parkinson's with diet. Research continues to explore the science behind diet and nutrition for the risks of Parkinson's and how to manage it. Further research and studies will result in even more compelling dietary recommendations. In the meantime, this book can be used as a guide to managing Parkinson's with diet.

https://www.amazon.com/Managing-Parkinsons-Diet-Yuchi-Yang-ebook/dp/B07KNMXV9D/ref=pd_rhf_dp_s_ci_mcx_mr_hp_d_sccl_1_1/144-5613830-2301135?pd_rd_w=k9HD7&content-id=amzn1.sym.0a853d15-c5a9-4695-90cd-fdc0b630b803&pf_rd_p=0a853d15-c5a9-4695-90cd-fdc0b630b803&pf_rd_r=SGPEQBAGER44KDTJ9B4G&pd_rd_wg=A5vll&pd_rd_r=dc20f90c-30fd-494e-a405-0051fd2d9ed8&pd_rd_i=B07KNMXV9D&psc=1



Eating well and right is important to a healthy living. Sometimes when we are down with an ailment, dietary change may provide that turnaround we so much needed without expensive drugs. Getting a guidance, especially from a Certified Nutritionist will go a long way while changing your diet to suit your condition. It's not only enough to change diet but to do so appropriately.

https://www.amazon.com/Healthy-Dummies-Parkinsons-Diet-Cookbook-ebook/dp/B09M8LM52R/ref=pd_sbs_sccl_1_2/144-5613830-2301135?pd_rd_w=7W6iv&content-id=amzn1.sym.f20cd814-1d01-49fb-93a8-83020525ea50&pf_rd_p=f20cd814-1d01-49fb-93a8-83020525ea50&pf_rd_r=R15WZVJKHSV3W2K67CNW&pd_rd_wg=HhVdy&pd_rd_r=12319386-b373-4196-932c-9509cbdc1121&pd_rd_i=B09M8LM52R&psc=1



This book teaches you everything you need to know to about Parkinson's Disease, without you guessing or searching endlessly for answers to your biggest questions. This book is the most up-to-date resource on the powerful benefits of nutritional diets and supplements for the treatment of Parkinson's disease.

https://www.amazon.com/NEW-PARKINSON-DIET-Up-Date-ebook/dp/B0871NVZGB/ref=sr_1_78?keywords=parkinson%27s+exercise&qid=1655599661&s=digital-text&sr=1-78



For people diagnosed with Parkinson's, diet can play an important role in daily life. While it will not treat or prevent progression, a healthy diet may have some significant impacts. Parkinson's is the result of decreased dopamine levels in the brain. You may be able to increase levels of the hormone naturally with food. Likewise, a healthy diet that focuses on specific nutrients may be able to reduce some symptoms and prevent progression of the disease. A wealth of fresh fruits and vegetables, nuts, lean protein and whole grain are naturally low in sodium, saturated fat, cholesterol and sugar. Combined in creative recipes, healthy ingredients like these can transform into tempting sauces, soups, salads, side dishes and entrees, and contribute to overall well-being.

https://www.amazon.com/PARKINSONS-DISEASE-COOKBOOK-Friendly-Recipes-ebook/dp/B08BWZ9D9Z/ref=pd_sbs_sccl_1_3/144-5613830-2301135?pd_rd_w=ckuR&content-id=amzn1.sym.f20cd814-1d01-49fb-93a8-83020525ea50&pf_rd_p=f20cd814-1d01-49fb-93a8-83020525ea50&pf_rd_r=TK4RPTX6NHC1GZ6SQCHA&pd_rd_wg=sirrY&pd_rd_r=2ba266bd-fb79-4a90-91a0-4cf5ed806d18&pd_rd_i=B08BWZ9D9Z&pssc=1



Smoothies for Parkinson's: A Recipe for Vibrant Living

by Toni Fairman and Ingrid Johnson | Feb 8, 2024

★★★★☆ 3

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"Smoothies for Parkinson's: A Recipe for Vibrant Living" invites you on a culinary journey tailored to uplift spirits and fortify the bodies of those living with Parkinson's disease. Celebrating resilience and promising brighter, healthier days, this recipe book showcases a curated collection of smoothie recipes blending taste, nutrition, and empowerment.

Crafting the perfect smoothie becomes a path to better living, addressing specific needs like reducing inflammation, boosting energy, enhancing digestion, and supporting brain health. Carefully selected ingredients cater to the unique concerns of Parkinson's while ensuring flavors excite the palate.

Beyond recipes, the book explores the notion that every sip brings you closer to a life filled with vitality and possibility. Discover the benefits of various ingredients, receive tips for the ultimate smoothie experience, and delve into the science behind these drinks' positive impact on daily life.

https://www.amazon.com/Smoothies-Parkinsons-Recipe-Vibrant-Living/dp/B0CVFNVT6S/ref=sr_1_2?crid=I02LBBUK55&dib=eyJ2IjojMSJ9.01f9zZ5-GrEy73w_iBRn5ljoKbGCwA51_2_ZfpFy7WJ548V4b6TKkQyOPk4kF2tJHe6VZkrDmOHizBeAU9HxzGiZsnXeoXB-IKTJxOC2kclZf5nxC7caMIEXzokz_QvHpKHLAh7vSdvbHeEbr01asAvOgJidDVwYXARhW6MQyE7bEd_ssKPdduY_wJxx9zUUHmGVHdirysQFACNu9-0uGP7sYdC7x2pEuXZhKWKR8.GEUbdO37WJhHq0H2PEBYfb7pCR6OD3R39HU1eu1Z2CE&dib_tag=se&keywords=parkinsons+disease+books+smoothies&qid=1721112798&s=books&prefix=parkinsons+disease+books+smoothies%2Cstripbooks%2C148&sr=1-2

