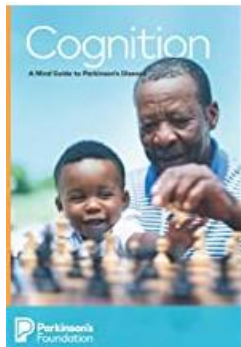
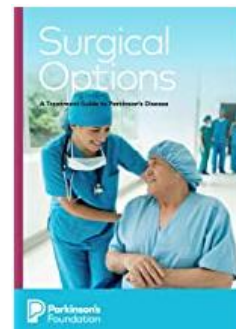
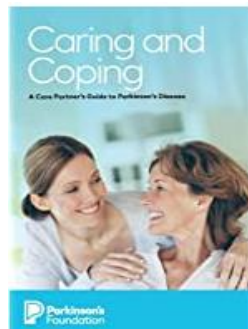
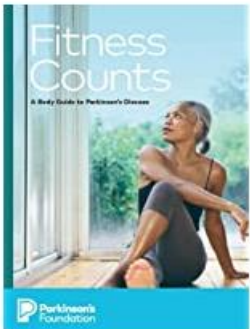
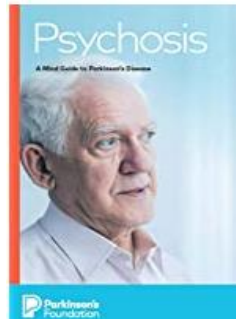
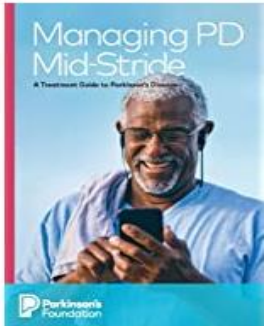


## Parkinson's Symptoms Resources

<https://www.parkinson.org/blog/awareness/Books-on-Kindle>

PD Library | Parkinson's Foundation





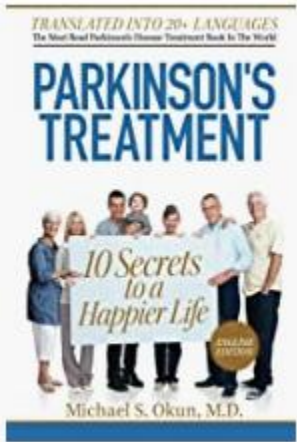
## Daily Symptom Tracker: Simple Symptom Tracker Journal Log Book | Track Your Symptoms | Large

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.

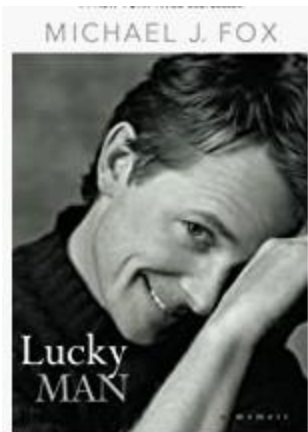
## Leisure Reading / Testimonials



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 unmask 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

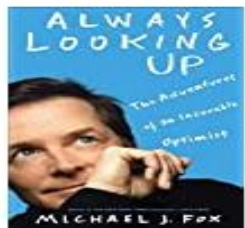
The book addresses current Parkinson’s disease issues and also details emerging therapies (DBS, stem cells, vaccines, gene therapy, optogenetics). Okun masterfully breaks down all of the science into an easy to follow and pleasurable reading experience. Parkinson’s Treatment: 10 Secrets to a Happier 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&pvc=1](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&pvc=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](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=FC8KSWVH1SZ6XB5SZWZG&pd\\_rd\\_wg=6qLGX&pd\\_rd\\_r=f1703a93-cd2a-45ff-ad8d-bca83bd2ddb9&pd\\_rd\\_i=B0020Q3FUE&psc=1](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=FC8KSWVH1SZ6XB5SZWZG&pd_rd_wg=6qLGX&pd_rd_r=f1703a93-cd2a-45ff-ad8d-bca83bd2ddb9&pd_rd_i=B0020Q3FUE&psc=1)

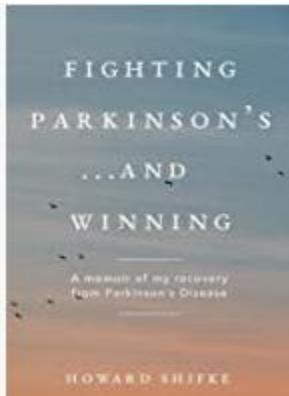


No Time Like the  
Future: An Optimist  
Considers Mortality  
>Michael J. Fox

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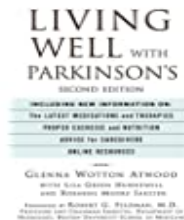
In *No Time Like the Future: An Optimist Considers Mortality*, Michael shares personal stories and observations about illness and health, aging, the strength of family and friends, and how our perceptions about time affect the way we approach mortality. Thoughtful and moving, but with Fox's trademark 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](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/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)

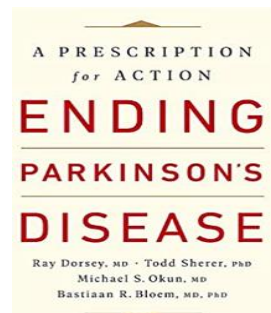


## Living Well with Parkinson's

Glenna Wotton Atwood

The long-awaited update to the definitive guide to successfully living with Parkinson's disease. Known for its upbeat, informative, and inspirational guidance, *Living Well with Parkinson's* includes a wealth of up-to-date medical information for Parkinson's sufferers, who number over 1 million in the U.S. alone. Combined with the author's poignant personal account of her own struggles with the disease, this new edition features coverage of pallidotomy (a new surgical technique), the dramatic implications of recent genetic research, and new drugs and therapies. The book also includes tips on dealing with social services and elder law, maintaining a positive attitude, handling issues with spouses and children, and finding support groups.

[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=CVCSD3N9AT6Q4SFZBGBT&pd\\_rd\\_wg=0HzwK&pd\\_rd\\_r=edfeb179-97d9-422c-a1dc-ffd1d378cc4d&ref\\_=sspa\\_dk\\_rhf\\_search\\_pt\\_sub\\_6&spLa=ZW5jcjlnwdGVkUXVhbGlmaWVyPUExR1BYMU05TDgxWEhQJmVuY3J5cHRIZElkPUeWwNzlxMDkwMzdaWFRVQUVWU0JPVSZlbnNyeXB0ZWRBZEIkPUeWwODM1ODlwM1MwM0tOUOUFOOTILOSZ3aWRnZXROYW1lPXNwX3JoZl9zZWYyY2gmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl](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=CVCSD3N9AT6Q4SFZBGBT&pd_rd_wg=0HzwK&pd_rd_r=edfeb179-97d9-422c-a1dc-ffd1d378cc4d&ref_=sspa_dk_rhf_search_pt_sub_6&spLa=ZW5jcjlnwdGVkUXVhbGlmaWVyPUExR1BYMU05TDgxWEhQJmVuY3J5cHRIZElkPUeWwNzlxMDkwMzdaWFRVQUVWU0JPVSZlbnNyeXB0ZWRBZEIkPUeWwODM1ODlwM1MwM0tOUOUFOOTILOSZ3aWRnZXROYW1lPXNwX3JoZl9zZWYyY2gmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl)



In this "must-read" guide (Lonnie Ali), four leading doctors and advocates offer a bold action plan to prevent, care for, and treat Parkinson's disease—one of the great health challenges of our time.

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>

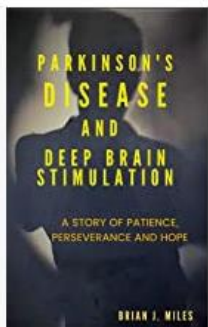


## Care Giving Resources



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](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)



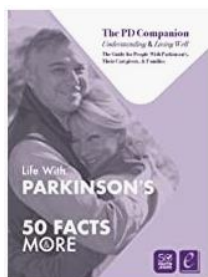
After years of managing the progressive symptoms of Parkinson's disease Brian Miles had a decision to make. Should he continue to rely on drugs that were becoming more numerous, more expensive and less effective in controlling his symptoms or should he make the very significant commitment to undergo 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](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 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](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.

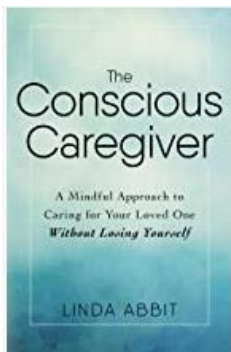
[https://www.amazon.com/Life-Parkinsons-Facts-More-Companion-ebook/dp/B09XBM4WX2/ref=sr\\_1\\_87?keywords=Parkinson%27s&qid=1655596159&s=digital-text&sr=1-87](https://www.amazon.com/Life-Parkinsons-Facts-More-Companion-ebook/dp/B09XBM4WX2/ref=sr_1_87?keywords=Parkinson%27s&qid=1655596159&s=digital-text&sr=1-87)





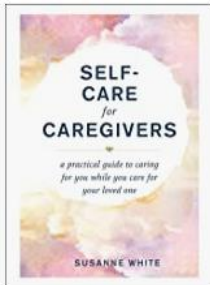
More than ten million people worldwide live with Parkinson's disease, and their spouses are most likely to be their primary caregivers. The transition from spouse to caregiver is not an easy one, often causing frustration, resentment, sadness, fear, and concern about the future. A lot has been written 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](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)



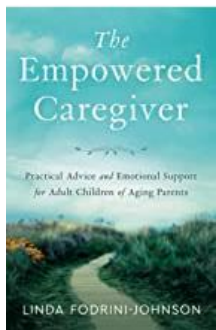
Being a caregiver can be a difficult role. It requires patience, tenderness, selflessness, and hard work. Providing care for someone, whether it's a parent, a loved one, or as a professional requires a high level of self-love and self-care. But while it may be a rewarding experience to care for a loved 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](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](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](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)

## 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](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

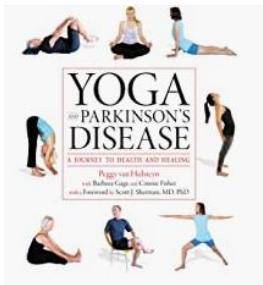
*Exercises for Parkinson's Disease* is the complete guide to achieving better health, providing everything from tips on how to structure your day to take full advantage of higher energy periods, to tailor-made workout programs designed to boost mobility and balance. Studies have shown that exercise improves 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](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)



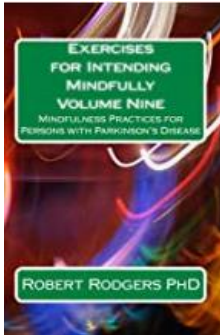
You are not stuck with the brain you have. You can change it! In this guide, you will learn some brain changing tricks of the trade and how get the most out of each day with more energy, enjoyment, and ease and why you should be exercising with PD. You don't have to be a physical therapist to be an expert 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](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)



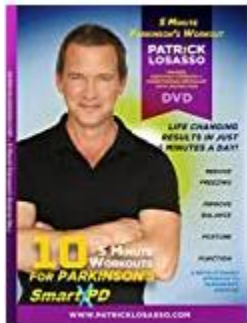
Yoga is one of the most beneficial complementary therapies for Parkinson's disease (PD), helping to increase flexibility, correct posture, loosen tight, painful muscles, build confidence, and in general, enhance the quality of life. Peggy van Hulsteyn, who was diagnosed with PD 12 years ago, has experienced 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](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](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)



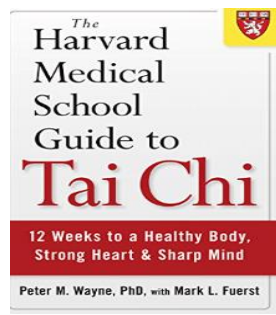
You can feel better in just 5 minutes with these easy to perform Parkinson's specific workouts. 10 rejuvenating 5-Minute workouts that can quickly improve strength, posture and function! 6 chair workouts and 4 standing workouts for all levels of ability! Parkinson's specific exercises and stretches designed 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](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=pd\\_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=H3M239HQMW5K2K86PJE&pd\\_rd\\_wg=keact&pd\\_rd\\_r=a0cf6779-6baa-43b0-916f-dcf8eaef4009&pd\\_rd\\_i=B00HNEQZ46&psc=1](https://www.amazon.com/LSVT-BIG-Homework-Helper-DVD/dp/B00HNEQZ46/ref=pd_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=H3M239HQMW5K2K86PJE&pd_rd_wg=keact&pd_rd_r=a0cf6779-6baa-43b0-916f-dcf8eaef4009&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=7757a8b5-874e-4a67-9d85-54ed32f01737&pf\\_rd\\_r=AZXYWXHD2GK0QRHBQ7QP&pd\\_rd\\_wg=Y2azW&pd\\_rd\\_r=198321eb-d6f4-4e24-87e2-cb987ccb9a46&s=books&sp\\_csd=d2lkZ2V0TmFiZT1zcF9kZXRhaWwy&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEwODY5MDQ2MjZGZWkITURVQ0JMTSZlbnNyeXB0ZWRBZEIkPUEwMDQ2Nzc3MUUzNlVYNE5PRIZPRiZ3aWRnZXROYW1lPjNwX2RldGFpbDlmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3Rmb2dDbGljaz10cnVl](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=7757a8b5-874e-4a67-9d85-54ed32f01737&pf_rd_r=AZXYWXHD2GK0QRHBQ7QP&pd_rd_wg=Y2azW&pd_rd_r=198321eb-d6f4-4e24-87e2-cb987ccb9a46&s=books&sp_csd=d2lkZ2V0TmFiZT1zcF9kZXRhaWwy&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEwODY5MDQ2MjZGZWkITURVQ0JMTSZlbnNyeXB0ZWRBZEIkPUEwMDQ2Nzc3MUUzNlVYNE5PRIZPRiZ3aWRnZXROYW1lPjNwX2RldGFpbDlmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3Rmb2dDbGljaz10cnVl)



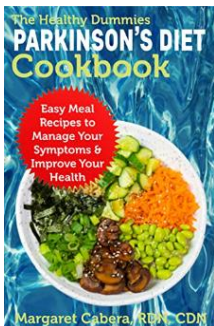
## Diet and Nutrition Resources



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](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](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](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\\_scl\\_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&pvc=1](https://www.amazon.com/PARKINSONS-DISEASE-COOKBOOK-Friendly-Recipes-ebook/dp/B08BWZ9D9Z/ref=pd_sbs_scl_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&pvc=1)