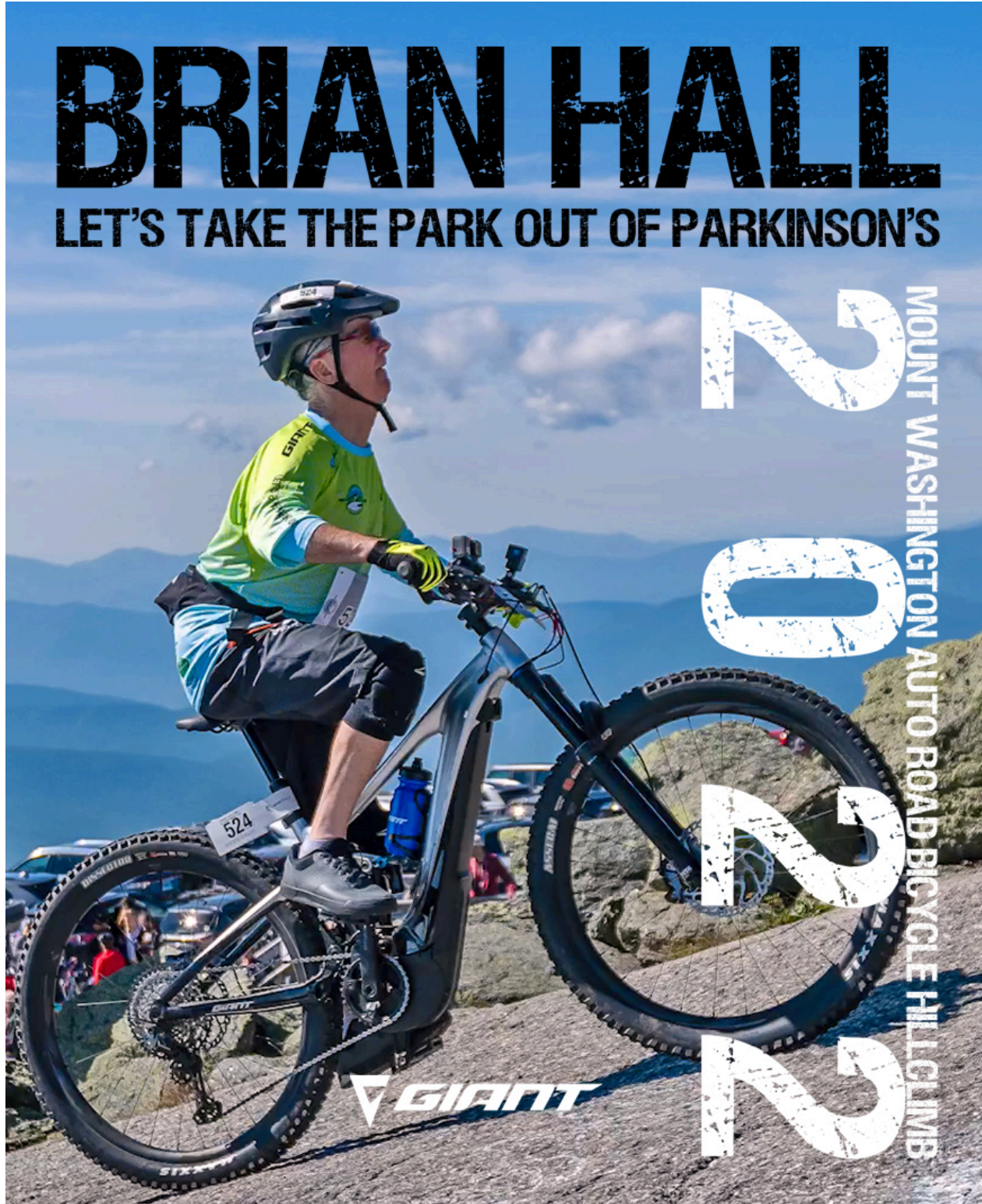


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Brian Hall, August 20, 2022. Gorham, NH racing in the MWARBH.

# **NH Man Battling Parkinson's 47-Years, Committed To Help Others By Sharing His Story & Book, "Not Afraid To Fall."**

**April is Parkinson's Awareness Month.**

EXETER, NH. Brian Hall, 61, and author of the book *Not Afraid to Fall*, is presenting his book to a nationwide audience for Parkinson's Awareness Month. The reason why Hall wrote this book is simple. He wants to share his experiences with other people who might be facing a diagnosis like Parkinson's disease. Showing people that it does not necessarily mean your life is over. "Never stop looking for solutions or ways to help improve your health is the key," Hall said. On the cover of his book, it reads, Parkinson's disease is not the end. It's a new beginning. Today, Hall lives medication free and has no pain like he once did. However, he does have great difficulty walking. Despite his struggles to walk normally, he can still ride and race his e-bike up mountains.

Hall knows the struggles and pain associated with this disease firsthand. He found his relief through technology (DBS surgery) and lifestyle changes he made. Primarily his dedication to diet, exercise, and sleep.

Not Afraid to Fall, was written for anyone suffering from a chronic illness, not just Parkinson's disease patients. Here is a quote from the foreword of Not Afraid to Fall, written by Hall's former neurologist, Dr. E. Prather Palmer. "Family and friends of patients with any chronic illnesses will also benefit from reading this book. We often tend to withdraw from those with illnesses that are difficult for us to comprehend and cannot relate to. Brian shows us how important those family members and friends are in his struggles. Their ability to sympathize, understand, and assist are crucial to his battles to live a more satisfactory and productive life."

Brian Hall making his third attempt at the 2022 MWARBH race with Giant Bicycles. - YouTube

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The book also chronicles Hall's many passions including sports and music. Not Afraid to Fall offers many helpful tips and inspiring stories. From Hall's adventures skiing the Italian, and Swiss Alps, finishing up in Chamonix, France, on Mont Blanc, to his recent challenges of summiting Mount Washington in one of the world's most challenging bicycle hill climbs. Hall participated in the Mount Washington Auto Road Bicycle Hillclimb in 2018, 2019, and 2022.

Truly inspiring book! Brian Hall explains the obstacles of Parkinson's disease and his fighting spirit to overcome them. I highly recommend this book to anyone with Parkinson's or friends and family of the affected. Brian Hall-Not Afraid to Fall

A journey of self-discovery and taking control of you life. What an amazing journey of self-discovery. I think what I loved most about this is that Brian took control over his life, his health and

his disease and started making decisions that changed the trajectory of his life. He decided that he was in charge and was going to live a happy and fulfilling life regardless of what was thrown his way. I have so much admiration for Brian and all that he has achieved.

Brian Hall-Not Afraid to Fall

Hall admits he may have limited ability to hold off the advancement of his condition and the physical impact it may have. However, this challenging disease will never touch his spirit or soul., he said. “So many things in my situation are beyond my control. Without question, my attitude and outlook is something that I can control and do,” Hall explains. That awareness brings a balance back to his life. This is exactly what he is hoping to share with people.

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## **Brian Hall**



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Not Afraid to Fall

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