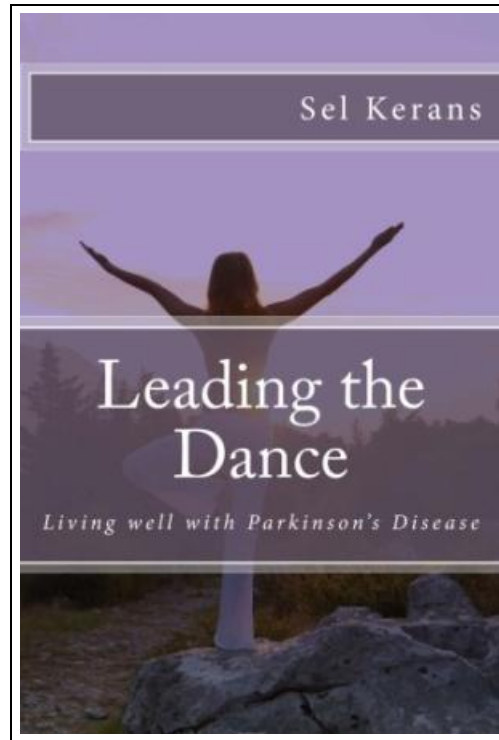


Leading the Dance: Living Well with Parkinson s Disease



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Reviews

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(Alphonso Flatley IV)

LEADING THE DANCE: LIVING WELL WITH PARKINSON S DISEASE



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Living well with Parkinson s Disease. Essential reading for anyone diagnosed with Parkinson s disease, for managing the condition - delaying or even turning around any progression of symptoms, then maintaining personal health and wellbeing. The central theme is around building a positive mindset, and confidently taking control of the disease - living well with it rather than living in it. Leading the Dance is inspirational, motivational and written in such a way as to be hard to put down - absorbed easily in a single reading, then useful to return to for ideas and maintaining motivation. For people coming to terms with the diagnosis of Parkinson s disease, it could be a catalyst for change and a completely new outlook on life. It s also a great resource for carers or those that simply want to know more about living well with the disease. The focus is on healing, recovering to a degree, and then managing the condition through exercise, meditation, maintaining good nutrition and staying out there in the world, as active and healthy as possible. The book moves between light hearted, good-humoured observations and metaphor-based descriptions of experiences with the disease, interwoven with narrative and summary suggestions for the reader. The emphasis is on encouragement and the development of resilience and self-belief.



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