



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

Gretchen Garie, Michael J. Church, Winifred Conkling

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A complete guide to Parkinson's from two people with the disease who cofounded a national support and advocacy organization.

In *Living Well with Parkinson's Disease*, Gretchen Garie and Michael J. Church, a couple who both have Parkinson's and live daily with the effects of the disease, thoroughly discuss diagnosis, treatment options, and the emotional consequences of this difficult illness. With a conversational, pragmatic, and personal tone, they offer advice on such topics as:

- how Parkinson's disease affects relationships
- the role of diet, supplements, and rest and relaxation
- strategies for navigating professional life and the maze of the health-care system
- handling everyday challenges such as buttoning a shirt or rolling over in bed
- and more!

Compassionate and inspiring, *Living Well with Parkinson's Disease* offers knowledge and wisdom from those who understand the challenges of dealing with Parkinson's every day.

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Clifford Harvey:

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Lloyd Lake:

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Heidi Garcia:

A number of people said that they feel uninterested when they reading a book. They are directly felt the idea when they get a half portions of the book. You can choose typically the book Living Well with Parkinson's Disease: What Your Doctor Doesn't Tell You....That You Need to Know (Living Well (Collins)) to make your current reading is interesting. Your current skill of reading ability is developing when you similar to reading. Try to choose basic book to make you enjoy to read it and mingle the feeling about book and reading through especially. It is to be very first opinion for you to like to open up a book and learn it. Beside that the e-book Living Well with Parkinson's Disease: What Your Doctor Doesn't Tell You....That You Need to Know (Living Well (Collins)) can to be your brand-new friend when you're really feel alone and confuse in what must you're doing of the time.

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