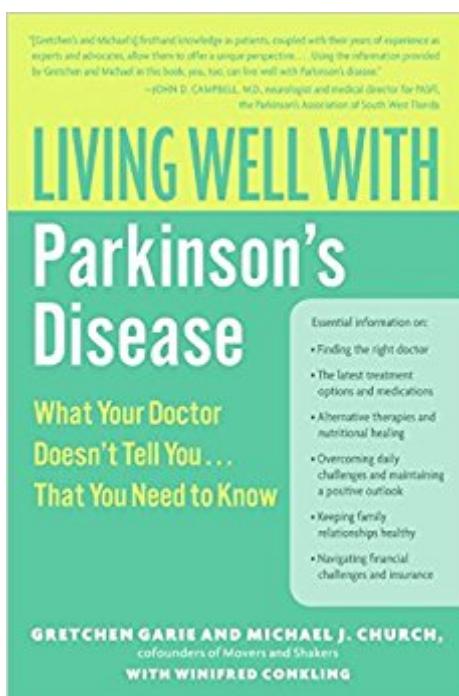


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# Living Well With Parkinson's Disease: What Your Doctor Doesn't Tell You....That You Need To Know (Living Well (Collins))



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

Gretchen Garie is president of Movers and Shakers, a Parkinson's advocacy group, and Congressional Coordinator for the Parkinson's Action Network for the state of Florida. Her husband, Michael J. Church, is executive director of Movers and Shakers and is the Florida State Coordinator for the Parkinson's Action Network. They live with their children in Naples, Florida. Gretchen Garie is president of Movers and Shakers, a Parkinson's advocacy group, and Congressional Coordinator for the Parkinson's Action Network for the state of Florida. Her husband, Michael J. Church, is

executive director of Movers and Shakers and is the Florida State Coordinator for the Parkinson's Action Network. They live with their children in Naples, Florida. First and foremost, Winifred Conkling is the mother of two children, Hannah (who was conceived the first month of "trying") and Ella (who took considerably longer and ultimately inspired this book). Once the kids are asleep, Conkling transforms into a freelance writer with extensive experience writing about health and alternative medicine. She is the author of *Stopping Time: Natural Remedies for Aging* (Dell, 1997), *Natural Remedies for Arthritis* (Dell, 1997), *Natural Remedies for Children* (St. Martin's, 1996), *Trade Secrets* (Fireside, 1995), and *Securing Your Child's Future* (Ballantine, 1995), among other books. Her work has been published in a number of national magazines including *American Health*, *Consumer Reports*, *Mademoiselle*, *McCall's*, and *Reader's Digest*.

It helps to explain what to expect with parkinson's disease. Easily readable and well written.

easily understood, Very practical information provided by 2 people who have the disease. I gave it to my adult children for better conversation about the road ahead. I particularly appreciated the chapter on nutrition.

If you have parkinson's, as I do, or if someone in your life does, than this is a must read. It is full of information for the sufferer, but its most important contribution is in helping both victims of the disease and those who suffer nearby understand what is happening. It is wonderful to have people close to you read this book. It aides in how to continue life on this wonderful planet. I recommend it.

Caregivers and family should read this. Helps u know what's coming

The author does a good job of sharing her own experience of having PD. She also does a good job in expressing in a nutshell 13 things your doctor won't tell you about PD.

There is a wealth of information in this book about living with Parkinson's Disease and it is so helpful. The author has Parkinson's and he speaks from personal experience.

It was excellent.Thank you.

Granted, it had a lot of helpful information, but for a newly diagnosed Parkinson's patient, it was

extremely difficult to read. I am not ready to be advised to cut my steak with scissors, or talk about vocal cord replacement surgery or some of the other things that are discussed in the book. I understand that the authors are trying to fully explain what might be in our future, but I for one, am forever hopeful and I found this an extremely depressing experience. That is, of course, only my opinion.

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