



Leading the Dance: Living Well with Parkinson s Disease

By Sel Kerans

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....



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Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- **Lacy Goldner**