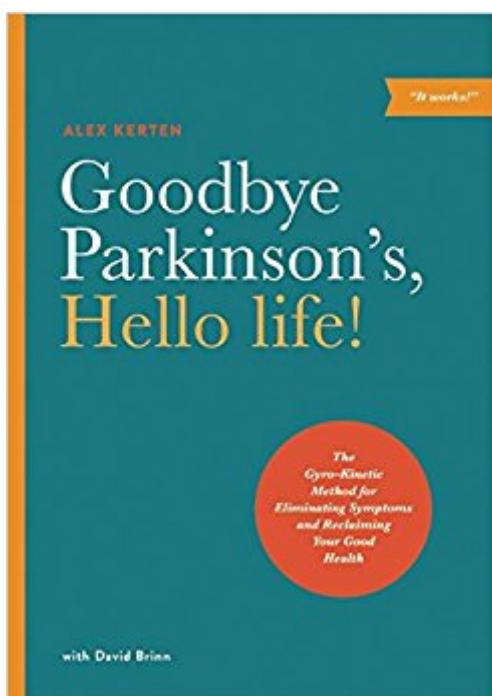


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# Goodbye Parkinson's, Hello Life!: The Gyro-Kinetic Method For Eliminating Symptoms And Reclaiming Your Good Health



## Synopsis

Parkinsonâ™s Disease, a disorder of the central nervous system, affects 1 million people in America and 10 million worldwide. In *Goodbye Parkinsonâ™s, Hello Life!* Alex Kerten presents his breakthrough holistic technique that combines dance therapy, behavior modification, and martial arts, to prove that there is life beyond the diagnosis of PD. *Goodbye Parkinsonâ™s, Hello life!* received "Recommended Reading" status by the Michael J. Fox Foundation and listings on the National Parkinson's Association social media sites. Those who follow Kerten's techniques and are committed to becoming âœParkinsonâ™s warriorsâ• can succeed in eliminating many, if not most, of their symptoms and return to a productive and fulfilling life. Instead of viewing themselves as Parkinson's victims, the methods in *Goodbye Parkinsonâ™s, Hello life!* will lead them to become healthy people with Parkinson's. Includes 20 easyÂ- to Â-follow exercises.

## Book Information

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## Customer Reviews

“This smart, soulful, and inspiring book will galvanize anyone who suffers from Parkinsonâ™s or wants to help someone else learn to live well with any kind of debilitating injury or disease. A fascinating hands-on explanation of how movement, music, and mindfulness can replace pills and pain.â• #151;Professor Susan Shapiro, New York Times bestselling coauthor, with Dr. Frederick Woolverton, of *Unhooked: How to Quit Anything*“Alex Kerten and David Brinn understand the challenges of living with chronic illness and have offered a realistic solution. *Goodbye Parkinsonâ™s, Hello life* is clear, straightforward, and warm #151; a valuable

companion for Parkinsonâ™s patients and caregivers alike.â••&#151;Jessica Handler, author of *Braving the Fire: A Guide to Writing About Grief and Loss and Invisible Sisters, A Memoir*&#147;Each new person receiving a Parkinsonâ™s diagnosis should have the opportunity to learn they are still a healthy person...with Parkinsonâ™s. Alex Kertenâ™s Gyro-Kinetics program vividly demonstrates that everyone &#151; no exceptions &#151; can choose to change their lives by taking the challenge to be a Parkinsonâ™s Warrior.â••&#151;Lolly Champion, Education Chair/Vice President, Parkinson Association of Santa Barbara (PASB)&#147;Alex Kertenâ™s method also requires the mind to think positively: You are not a sick person who is ruled by Parkinsonâ™s, but a healthy person who just happens to have Parkinsonâ™s. The simple (yet challenging) shift in emphasis is a key part of the movement method. But Kerten is refreshingly enthusiastic and encouraging, clearly explaining his method through very simple movement tasks outlined in the book. His method goes beyond being a dance manual though. It is a recipe for a different way of living with a chronic condition.â••&#151;Dr. Sara Houston, principal lecturer, national teaching fellow, Department of Dance, University of Roehampton "It's not just a book, it's hope". &#151;Shimon Peres, President of Israel (2007-2014)&#147;Alex Kerten has created a proven method that gives Parkinsonâ™s patients hope for better coping and even improvement &#151; using exercises and a new way of thinking. With the aging of the population, Parkinsonâ™s and other neurological conditions can strike virtually anyone, and his book will come to the rescue for many of them.â••&#151;Judy Siegel-Itzkovich, health and science editor, *The Jerusalem Post*&#147;Alex Kertenâ™s book proposes a proactive approach to Parkinsonâ™s &#151; using body movement to combat nerve degenerative ailments. Movement-exercise systems are showing promise. May none of you need this. But get moving, anyway.â••&#151;David Brin, bestselling author of *Existence* and many others&#147;This book is a statement of hope and possibility as it shows the limitations of our Western approach to disease and highlights the power of oneâ™s mind and perspective as it relates to healing the body. Itâ™s more than a regimen of exercises; itâ™s a recipe for changing oneâ™s perspective and exercising mind over matter.â••&#151;Lisa Wimberger, founder of the Neurosculpting® Institute and author of *New Beliefs, New Brain and Neurosculpting: A Whole-Brain Approach to Heal Trauma, Rewrite Limiting Beliefs, and Find Wholeness*

Alex Kerten has been researching anatomy and the physiology of behavior for over 30 years and treats clients with movement disorders, specializing in Parkinsonâ™s Disease. He is the head of the Gyro-Kinetics studies at the Maccabe health Care Institute and founder and director of the

Gyro-Kinetics Center in Herzliya, Israel. He also teaches at the Dr. A. Kaley center for Rehabilitating Structural Movements. David Brinn is the managing editor of The Jerusalem Post, Israel's leading English newspaper. A native of Portland, Maine, he lives in Ma'aleh Adumim with his wife Shelley. They have four children.

I am a 77 year old male and was diagnosed with Parkinson's in July 2015, but had some symptoms for maybe a year prior to that. On receiving the book nearly a month ago, I started to experiment with the exercises and have finally organised a regular programme using them and have now completed seven consecutive days on it. So I have done seven slots of 40 minutes in duration on the exercises that I feel are most useful to me. This is in line with Alex's recommendation in the chapter on "how to use this book". I may have to schedule a rest day in the programme at some future date, but at the moment I'm planning on making it a regular fixture in my daily life and review my progress again in three months time. Meanwhile there is no doubt about the refreshing benefits the exercises immediately have. I also have asthma, COPD and a heart rhythm condition, so I "run out of puff" quite quickly doing the free dancing exercises. When that happens I just stop for a rest and restart the exercises when I have recovered. I keep a strict watch on the time that elapses by using a timer. When I stop for a rest, I pause the timer too. I like the idea of using music to support the exercises, but to begin with my sense of rhythm had deserted me and I had trouble lifting my feet off the floor let alone doing anything in time with the music. But I persisted and now I am starting to flow into the music quite a bit more easily. I mostly use tracks from "A Swinging Safari" (an oldie, but a goodie) to do my free dancing to. I think that you really do have to be a Parkinson's Warrior to get the best out of the book, so you have to keep asking yourself to "keep at it". Good luck everyone and in my country (New Zealand) they say Kia Kaha, Be strong!!

I lead a Parkinson's Support group and have several more recently diagnosed PD patients. This book inspired them to either start or keep up with the exercise they are doing. I loved his use of music in exercise, even for wheel chair bound patients. Directing motion with recorded music is great exercise for arms. Our group directed Pomp and Circumstance together in honor of the grandchildren of our support group members who are graduating this year. This book is lots of fun and a true winner in my experience!

Book Review for Goodbye Parkinson's, Hello Life! is a down to earth, easy to read, practical book that gives the reader a different perception approaching life with PD. While most books on PD

emphasize the degenerative aspects of the condition, this book is a box of tools, a treasure that will raise the patient's self confidence, his awareness of his body, and provide demonstrations of new techniques. The reader will finish the book feeling encouraged, empowered, energised and more free. He will feel happier and more independent. He might also state that he feels "more normal". He might become determined to change his life. The motivation earned by reading this book will help him overcome the daily challenges of PD and will help him become a warrior.

Wonderful advise for those fighting PD as well as the caregiver. Teaching your body to respond over the mind. Exercises to assist you. I have seen a change in my husband after he read this book. His attitude towards life has changed for the better.

Sure is an encouraging book- I am a caretaker for my husband who has had Parkinsons for a good many years. I got him interested in reading it- had to put it on my Kindle so I could make the words larger print. He was interested at first, but then I guess he couldn't retain it well and appears to have lost some interest. I really was encouraged when reading it and am still in process of doing with him what I can to keep him interested. He does perk up with accomplishing things and the music to exercises did impress him somewhat- although he gets tired quicker. Hopefully he will gain with practice. thank you for this book.

Fascinating read! I'll be re-reading it to get a better grasp of the concepts presented. It's very well-written, but I'm very left-brained. One can't argue with the facts and testimonials supporting the success of the methods. I've started some of the exercises. I want to remain "a healthy person with Parkinson's."

If you or a love one has PD please read this book. Both my husband and I have read it (he is the one with PD). Now we must start the program! I think it will benefit both of us to do these exercises to music. We need to commit!!

I was really surprised with how good this book is--good tips about moving and defeating the bodily symptoms of Parkinson's.

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