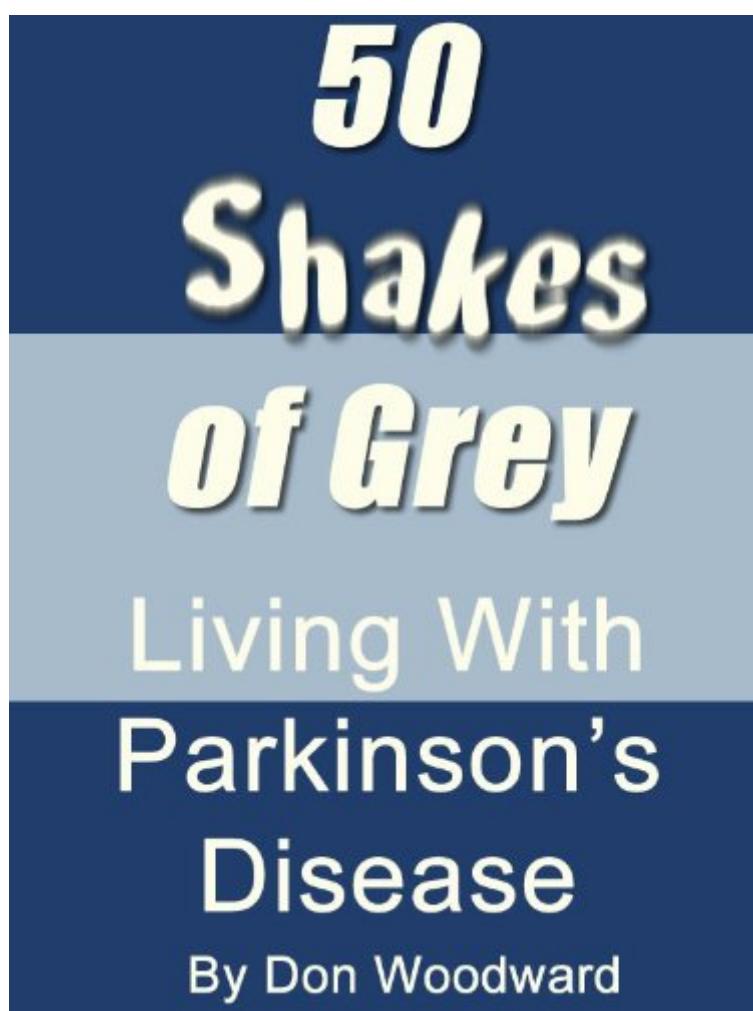


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# 50 Shakes Of Grey - Living With Parkinson's Disease



## **Synopsis**

Do you or someone you know suffer from Parkinson's Disease? If so, you will know the devastating effects it can have on yourself and your loved ones. Don Woodward has lived with the disease for more than twenty six years. In this informative and entertaining book he provides insights and advice for all those affected by Parkinson's:- ways to minimize the impact on yourself and your family;- how to deal with the emotional consequences of living long term with the disease;- the current state of research and the outlook for the future and much more. The combination of practical advice and humorous stories in this book will both entertain and inspire you to realize that Parkinson's need not mean the end of living a full and satisfying life.

## **Book Information**

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Short Reads > One hour (33-43 pages) > Health, Fitness & Dieting

## **Customer Reviews**

I enjoyed this book. It was interesting to hear from someone in another country and recognize the universality of symptoms and problems associated with the disease. The author explains things his own way and is careful to differentiate between his opinion and medical opinions. I found the exercise portion of the book to be very practical and useful.

Very excellent book with good pieces of personal advice from the horse's mouth of one who has lived with Parkinson's. I recommend it. It has helpful exercises at the end, also.

lots of useful information for nouveaux PD sufferers on aspects of life probably not previously considered as requiring a planned approach

Very general even though the name was cute.

The exercises he recommends are easy enough for any to understand. I have incorporated a lot of his recommendations into my day and I feel that this has helped me. Love his attitude. This was a quick read.

I am always looking for any information on Parkinson's. Since the disease effects everyone differently, it is important to me to gain as much knowledge as possible. The autho

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