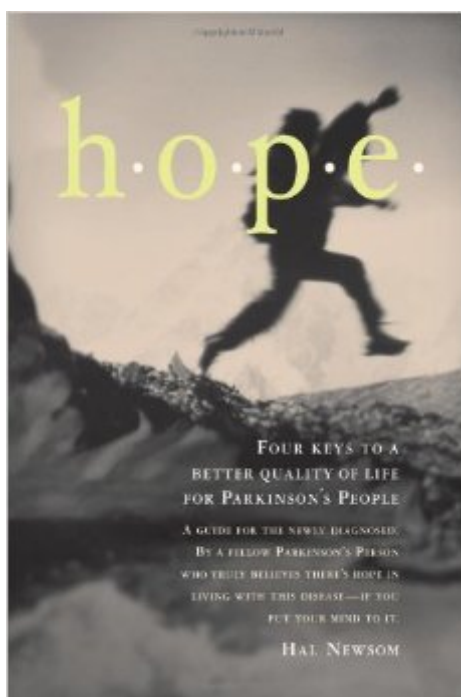


The book was found

HOPE: Four Keys To A Better Quality Of Life For Parkinson's People



Synopsis

This book is a book of hope for both the newly diagnosed Parkinson's Person as well as a helpful reminder to a better quality of life for those who have had the disease for many years. The writing is succinct and easy to read. Hal outlines the four basics of hope as 1) Help; 2) Optimism; 3) Physician; and 4) Exercise. His personal stories on these four points are candid and powerful. He has experienced some changes in his life as a result of Parkinson's but he remains positive, upbeat and full of vitality. He shares some personal guidelines he now lives by and offers some tips on how to on how to face the challenges that may lie ahead. This is not a lecture on what you should do but merely an insight into what is working for a fellow person with Parkinson's. This is an essential tool to improve one's quality of life for those living with Parkinson's

Book Information

Paperback: 102 pages

Publisher: Northwest Parkinson's Foundation; 2nd edition (July 1, 2006)

Language: English

ISBN-10: 0971684103

ISBN-13: 978-0971684102

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (23 customer reviews)

Best Sellers Rank: #823,900 in Books (See Top 100 in Books) #80 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease #644 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #163371 inÂ Books > Textbooks

Customer Reviews

This review is intended to summarize and give insightful opinions about Hal Newsom's book, HOPE: Four Keys to a Better Quality of Life for Parkinson's People and to help possible buyers determine if this is the right book for them. This book is a short, easy, and pleasurable read and would be an outstanding choice for a newly diagnosed person of Parkinson's disease (PD). I, not PD patient, initially read this book to help in a project I am doing on kinesia paradoxa. Kinesia paradoxa is a phenomenon stimulated to help decrease Parkinson patients' freezing of gait and shuffling incidents as their symptoms become much more advanced. This is not a book that is very beneficial for academia, which I discovered after I started reading, but rather just an inspiring book for those experiencing what Hal Newsom had when he was first diagnosed.---SYNOPSIS--- HOPE begins

initially by describing the reasoning behind the book and describing the most common reactions people experience when they first hear the words "You have Parkinson's disease." He tells stories of real life individuals, the disbeliever, the pro activist, the acceptor, and the angry one, to help you relate to one particular individual. He emphasizes on the fact that your life will never be the same, but you can choose whether to let the disease control your life or not, and that you can successfully live with the disease. The remainder of the book is broken down into the four basic sections of Newsom's personal guidelines that has given him hope and helped him to enjoy a better quality of life: Help, Optimism, Physician, and Exercise. These clear defined sections allow Newsom to clearly communicate information and provide a smooth read for the audience.

[Download to continue reading...](#)

HOPE: Four Keys to a Better Quality of Life for Parkinson's People Poor-Quality Cost: Implementing, Understanding, and Using the Cost of Poor Quality (Quality and Reliability) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) How To Analyze People: Mastering Analyzing and Reading People: (How To Read People, Analyze People, Psychology, People Skills, Body Language, Social Skills) Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers) The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease UNEXPLAINED DISAPPEARANCES & MISSING PEOPLE.: MISSING PEOPLE CASE FILES; UNEXPLAINED DISAPPEARANCES; MISSING PEOPLE. (UNEXPLAINED DISAPPEARANCES : MISSING PEOPLE Book 2) 8 Keys to Parenting Children with ADHD (8 Keys to Mental Health) The Keys to Planning for Learning: Effective Curriculum, Unit and Lesson Design (The Keys Series Book 3) Keys for Writers with Assignment Guides, Spiral bound Version (Keys for Writers Series) 8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience (8 Keys to Mental Health) Keys to Successful Stepfathering (Barron's Parenting Keys) 8 Keys to Eliminating Passive-Aggressiveness (8 Keys to Mental Health) Florida Keys Overseas Heritage Trail: A guide to exploring the Florida Keys by bike or on foot Become a Better You (Miniature Edition): 7 Keys to Improving Your Life Every Day Measuring Data Quality for Ongoing Improvement: A Data Quality Assessment Framework (The Morgan Kaufmann Series on Business Intelligence) Barely Legal Magazine by Hustler. Collectors Guide from # 1 in September, 1993 to October, 2016: Complete Barely Legal Collector's Guide: INDEXED FOR EASY ... QUALITY (HIGH QUALITY COLLECTOR'S GUIDES)

Juran's Quality Planning and Analysis for Enterprise Quality (McGraw-Hill Series in Industrial Engineering and Management) ISO 10005:2005, Quality management systems - Guidelines for quality plans

[Dmca](#)