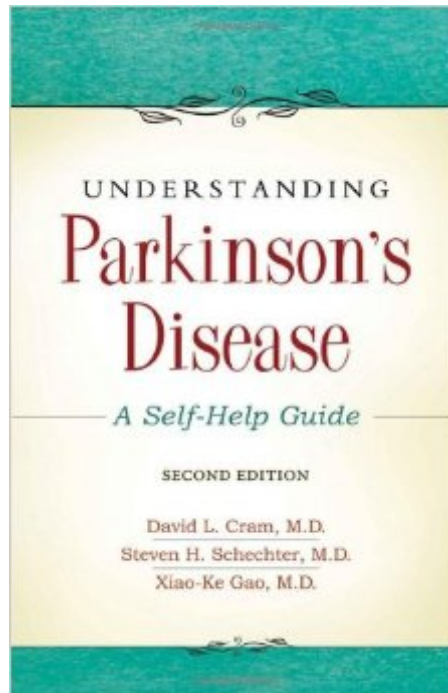


The book was found

# Understanding Parkinson's Disease: A Self-Help Guide



## Synopsis

Addressing a disease that affects half a million Americans today<sup>1</sup>;with 100,000 new cases diagnosed annually<sup>2</sup>;this reference emphasizes how treatment and education are vital to maintaining the best quality of life possible. Coauthored by a former physician who has lived with Parkinson<sup>TM</sup>s for 20 years, this handbook discusses both the basics of the disease, for which there is no <sup>3</sup>cure,<sup>4</sup> and ways that patients can stay active and maintain independence. Additional topics include symptoms and stages, treatment options, the role of self-help, the emotional side of the illness, day-to-day coping, benefits of exercise, choosing the right doctor, and care for caregivers. Going beyond standard medical information, this unique study also offers a sense of hope, featuring inspirational quotes from dozens of Parkinson<sup>TM</sup>s patients.

## Book Information

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Average Customer Review: 4.8 out of 5 stars<sup>5</sup> <sup>6</sup> See all reviews<sup>7</sup> (12 customer reviews)

Best Sellers Rank: #292,629 in Books (See Top 100 in Books) #37 in<sup>8</sup> Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease #253 in<sup>9</sup> Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #13281 in<sup>10</sup> Books > Parenting & Relationships

## Customer Reviews

"Understanding Parkinson's Disease" is a well-written book introducing a patient to life as a Parkinson's patient. I purchased this book to pre-screen it for my parents and found that it was a good book to give them because of it's positive discussion about the disease. If you know a Parkinson's patient who refuses to read up about the disease (because they don't want to read about all the restrictions they will have to face in their future) this is a good "first" book. The "Self Help Guide" has a pro-active upbeat approach to working with the disease. It doesn't spend a lot of time belaboring how miserable the future will be, but focuses on how to deal with the present. Since Dr. Cram has Parkinson's Disease himself his viewpoints about the disease help give credibility and

enlightenment to the reader. This book summarized all aspects of the disease while showing how to live with the symptoms. It is a good starter book for preparing to live with Parkinson's Disease. Purchase "Caring for the Parkinson patient" by Hutton for a more in-depth review of Parkinson's and how to live (or care for someone) with the disease.

Dr. David Cram has written a very touching and informative book about Parkinson's Disease that I encourage anyone who has been diagnosed with PD or who knows someone who has been diagnosed with PD to check out. Dr. Cram who was diagnosed ten years ago with PD writes from personal knowledge and covers everything from symptoms to the newest drug therapies. I also enjoyed the comments interspersed throughout the book from patients, physicians, nurses, counselors and therapists. This is a very encouraging book and I recommend it highly!

A well-written, nicely organized basic introduction and self-help guide written from the perspective of a physician suffering from Parkinson's Disease (PD). This paperback manual explores both the physical and mental sides of dealing with a chronic, devastating illness. It provides strategies and tips for both the sufferer and the caregiver. My only reservation is that, at times, I wished the author would have provided more detailed information on specific, recommended techniques designed to aid the patient. Highly recommended reading.

There is a lot written but this is one of the most comprehensive books I have found along with 100 Questions and Answers by Mohammad Ali. For people being diagnosed and into Parkinson's it is a clear presentation of info needed and asked, it is a great book for caregivers and is factual without being intimidating. It also serves as a reference and a great guide line to the continuing process without undue stress.

My mom has Parkinson's and this book gave us a lot of good information. We learned many things that will be helpful in helping with my mom's health. I highly recommend this book!

Very good up to date information in easy to understand format. Recommend if you have or know someone with PD

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Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Heart

Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) Understanding Parkinson's Disease: A Self-Help Guide Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) 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 Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) Delay the Disease -Exercise and Parkinson's Disease (Book) By David Zid - Delay the Disease: Exercise and Parkinson's Disease (Spiral Bound) (3/16/07) The Case of the Frozen Addicts: How the Solution of a Medical Mystery Revolutionized the Understanding of Parkinson's Disease Family Ties That Bind: A self-help guide to change through Family of Origin therapy (Personal Self-Help Series) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Stop Smoking Forever - For Women: Subliminal Self-Help: Subliminal Self Help Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence - Self Help for Low Self Esteem NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3)

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