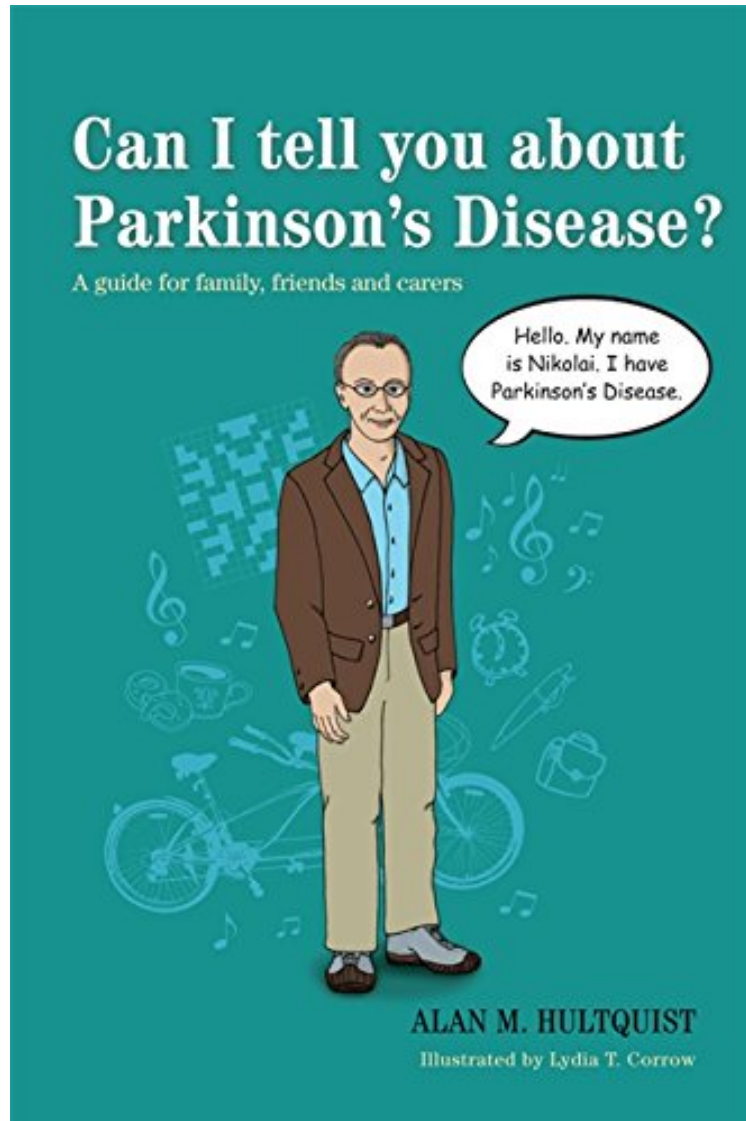


Can I Tell You About Parkinson's Disease?: A Guide for Family, Friends, and Carers

Alan M. Hultquist

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Alan M. Hultquist : Can I Tell You About Parkinson's Disease?: A Guide for Family, Friends, and Carers before purchasing it in order to gage whether or not it would be worth my time, and all praised Can I Tell You About Parkinson's Disease?: A Guide for Family, Friends, and Carers:

3 of 3 people found the following review helpful. VERY Good BookBy Deb B. When you first open this book, you think it looks very elementary. But, that is one of the great things about it. I'm a PWP (Person With Parkinson's) and I

thoroughly enjoyed this book. All the books I've read on Parkinson's in the last 10 years since I was diagnosed, were long and complicated and too "technical". This is perfect for someone new to the disease, especially for caregivers, family and friends. All ages can read this book in a short time (probably in less than hour or two) and have a very good idea on how a PWP feels on a day to day basis. There are also pointers near the back on how you can help or make a PWP feel better, as well as simple definitions of words you will be hearing in the future. I believe anyone that knows someone with Parkinson's or anyone just diagnosed should read this book. It would be a good book for doctors to give newly diagnosed patients and their families. 0 of 0 people found the following review helpful. Very informative in easy to understand words. By DMil65A good book to give to family and friends who don't understand the depth of PD. This book does a good job of explaining PD in layman terms. 0 of 0 people found the following review helpful. Five Stars By RAYMOND L. NELSON Informative

Meet Nikolai - a man with Parkinson's disease. Nikolai invites readers to learn about Parkinson's from his perspective, helping them to understand how Parkinson's affects his daily life and why some tasks can be especially challenging for him. He also gives advice on how to help someone with Parkinson's when they have difficulties with physical movements and memory. This illustrated book is full of useful information and will be an ideal introduction for children from the age of 7, as well as older readers. It will help family, friends and carers better understand and explain the condition, and will be an excellent starting point for group discussions.

'Alan M. Hultquist provides a wealth of accessible information about a very complicated disease through the eyes of Nikolai, a man with Parkinson's disease. This book is a great guide to share with family, friends and colleagues looking for personal insight into this illness.' ~Diane L. Church, PhD, Coordinator, Parkinson Disease Center, Dartmouth-Hitchcock Medical Center Alan M. Hultquist provides a wealth of accessible information about a very complicated disease through the eyes of Nikolai, a man with Parkinson's disease. This book is a great guide to share with family, friends and colleagues looking for personal insight into this illness. (Diane L. Church, PhD, Coordinator, American Parkinson Disease Association Information and Referral Center, Dartmouth-Hitchcock Medical Center) From the Author I look forward to the day when the word 'disease' is removed from the official name of this condition. My suggestions for other people living with Parkinson's are to exercise your body and mind daily, take your medications, be an active participant in your health care, explore complimentary and alternative approaches that can be used along with traditional Western medicine, and don't give up or let the PD win. Fight back as best as you can, live your life, enjoy each day, and find pleasure in the small things. There is something to be grateful for each day.