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I Cant Stop Shaking

By Sandy Kamen Wisniewski

Dog Ear Publishing. Paperback. Book Condition: New. Paperback. 120 pages. Dimensions: 7.7in. x 5.0in. x 0.5in. I Cant Stop Shaking, Over 10 Million People are Affected By Essential Tremor, provides important medical information, tips on living with Essential Tremor, as well as personal accounts of people living with Essential Tremor. In the medical section Dr. Peter A LeWitt, a neurologist who sub-specializes in movement disorders, answers questions about Essential Tremor. Dr. LeWitt has been practicing neurology and been involved with Essential Tremor since 1980. Dr. LeWitt explains in simple terms what Essential Tremor is, how it affects people, and medical treatments for Essential Tremor. In the personal stories section people who have Essential Tremor speak candidly and openly about what life is like living with Essential Tremor. Each person has their own way of dealing with it, some with great optimism, others with equally great frustration. Readers who have Essential Tremor will no doubt see bits and pieces of themselves within these stories. There are also dozens of tips on better ways of living with Essential Tremor that will help the sufferer to better cope with their handicap. Some of the tips inside the book are: . Use an electric toothbrush....



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