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## Leading the Dance: Living Well with Parkinson s Disease

By Sel Kerans

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Living well with Parkinson s Disease. Essential reading for anyone diagnosed with Parkinson s disease, for managing the condition - delaying or even turning around any progression of symptoms, then maintaining personal health and wellbeing. The central theme is around building a positive mindset, and confidently taking control of the disease - living well with it rather than living in it. Leading the Dance is inspirational, motivational and written in such a way as to be hard to put down - absorbed easily in a single reading, then useful to return to for ideas and maintaining motivation. For people coming to terms with the diagnosis of Parkinson s disease, it could be a catalyst for change and a completely new outlook on life. It s also a great resource for carers or those that simply want to know more about living well with the disease. The focus is on healing, recovering to a degree, and then managing the condition through exercise, meditation, maintaining good nutrition and staying out there in the world, as active and healthy as possible....



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