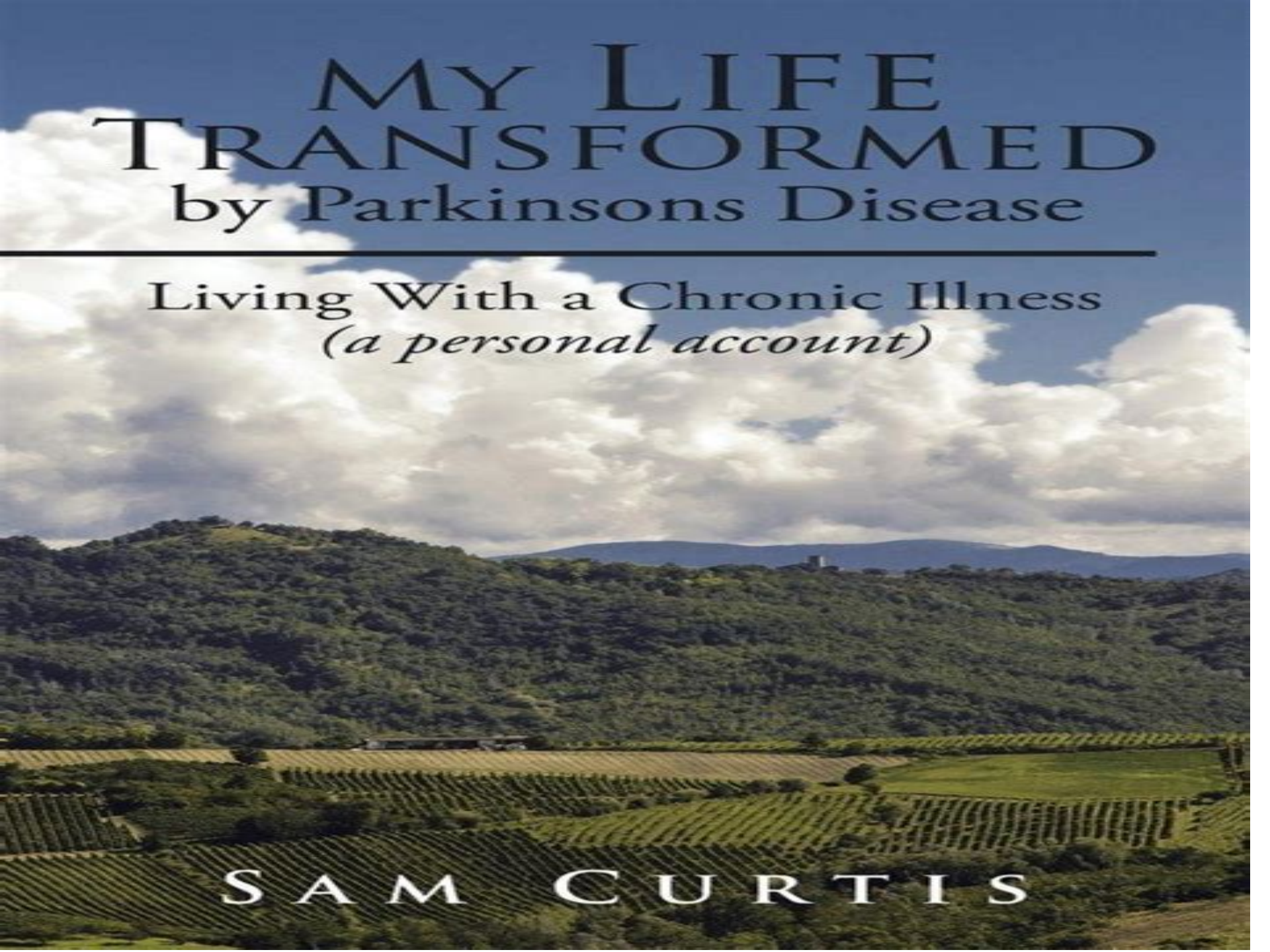


The background of the book cover is a photograph of a rural landscape. In the foreground, there are terraced vineyards with rows of grapevines. Behind the vineyards, there are rolling hills covered in dense green trees. In the distance, a small white building with a dark roof is visible on a hillside. The sky is blue with large, white, fluffy clouds. The title text is overlaid on the top half of the image.

MY LIFE TRANSFORMED

by Parkinsons Disease

Living With a Chronic Illness
(a personal account)

SAM CURTIS

My Life Transformed Parkinsons Disease

David Lee Cram



My Life Transformed Parkinsons Disease:

My Life Transformed by Parkinsons Disease Sam Curtis, 2015-12-17 This book describes my life from my youth growing up as part of a large family in Jamaica to my emigration to the USA and finally how I have coped with the difficulties that have plagued me with this neurologic disorder

Parkinson's Disease: The True Story of a Powerful Life Transformation (Learn How to Reduce Symptoms Naturally Through Exercises and Alternative Medical Treatment)

Derek Johnson, 2011-01-01 This book is the best solution amongst all other books on parkinson s disease because it addresses the emotional and psychological impact of the disease as well as the physical symptoms It offers practical advice on managing medications dealing with healthcare providers and coping with the day to day realities of living with parkinson s But more importantly it offers hope hope that you can find light in the darkness and that you can live a fulfilling life even with parkinson s Inside you ll find A memoir of my journey post diagnosis An insight into the ripple effect that the disease has on family and carers My practical coping strategies to live well with parkinson s and thrive beyond the diagnosis Information on managing stress building resilience and improving wellbeing including links to useful support services Guidance for caregivers to better understand their role and support loved ones Emotional insights into the challenges i face living with parkinson s offering reassurance to anyone navigating this journey Motivational tips on embracing movement and becoming what mark calls a parkinson s athlete The content is organized into clear sections covering both motor and non motor symptoms in a structured yet reader friendly manner Each topic is explained in practical terms Visually the booklet features clean layouts and engaging illustrations creating an inviting and easy to navigate reading experience The tone is supportive and empathetic encouraging readers to take proactive steps in understanding and addressing the challenges of parkinson s

My Life Transformed by Parkinson's Disease Charles P. Atterbury, 2018-11-16 The book describes my life growing up as part of a large family in Jamaica my immigration to the USA and how I have coped with the dif culties associated with this neurological disorder Parkinson s disease

My Journey with Parkinson's Disease Robert E. Spekman, 2018-03-27 I have had Parkinson s disease PD for twenty two years I am told I have a mild case but it is still my PD and I live with it 24 7 I would be a gross understatement to say my life was changed forever Interesting many of these changes have made me a more compassionate empathetic and caring person In part this book was motivated by the following premise Many of us will experience a life changing event that will cause us to pause and reassess where we are what we do and why we do it For some it might be the death of a loved one or a personal tragedy Or it might be a re awakening that aha moment For me it was January 2 1995 when my neurologist said Mr Spekman I have some bad news for you you have Parkinson s My life as it knew it crumpled around me I could have wallowed in self pity but I am a fighter and chose eventually to manage my PD I have adopted a number of Eastern non traditional approaches to deal with my PD I have a yoga practice meditate daily and engage in massage acupuncture and chiropractic adjustments All these different approaches complement my medication and

all contribute to my being very healthy given the length of time I have had Parkinson's I will take you on a journey my journey starting with denial to depression to finally acceptance This book is more than the story of one man's journey with PD it is a story of hope and personal transformation If you permit me I am going to take you on a journey that began over two decades ago I have years to travel so do not ask where the destination is or ask if we are there yet During the course of this book I will share with you aspects of my life that were previously known to only a small number of people It is through this intimacy that you will come to better understand and hopefully better deal with adversity that might affect your life The

Experience of Parkinson's Disease in Middle Life Barbara Habermann-Little, 1993 Saving Milly Morton

Kondracke, 2002-05-28 Morton Kondracke never intended to wed Millicent Martinez but the fiery daughter of a radical labor organizer eventually captured his heart They married raised two daughters and loved and fought passionately for twenty years Then in 1987 Milly noticed a glitch in her handwriting a small tremor that would lead to the shattering diagnosis of Parkinson's disease Saving Milly is Kondracke's powerfully moving chronicle of his vital and volatile marriage one that has endured and deepened in the face of tragedy it also follows his own transformation from careerist to caregiver and activist a man who will fight all the way without pause or rest to save his beloved Milly Linda Bowles The Washington Times **My**

Gift Bruce Layne, 2003-06 We've all heard several of our friends state with conviction those famous hollow words I should write a book As Bruce Layne reflected on his life it occurred to him that he had a lot to say to his kids and grandkids that would best be expressed in a book These would not be passing words They would be etched in print for his family and offspring to read over and over through the years Layne's story tells of overcoming the challenges of a family split up a disastrous first attempt at college his efforts to revolutionize the insurance industry his bringing business acumen to the often helter skelter world of big time boxing his foray into state politics and his latest major battle against Parkinson's disease Through it all he's employed a gentle demeanor and a firm resolve that is beguiling and intoxicating to observe One of his friends said of Bruce He's a velvet hammer When you see what he's faced and what he's overcome you can't help but be inspired by his life **Living with Parkinson's Disease** David Belgum, 2008 Living with Parkinson's Disease explores the

disease from a professional point of view and includes short pieces written primarily by Parkinson's patients about what it is like to experience the disease Some of these short pieces are poems and short essays but all are poignant and of extraordinary use to doctors patients researchers and coping family members This work also includes more general articles Trust Distrust and The Meaning of Suffering which relate to a wider perspective than the description of Parkinson's The two introductory articles are written by doctors and cover the basic description of Parkinson's Disease This book is a practical reference for all who come in contact with this debilitating and tragic condition Book jacket *Understanding Parkinson's Disease* David Lee Cram, 1999 If You've Been Diagnosed with Parkinson's Disease you are probably worried and full of questions What course will the disease take How will it affect your life What are your treatment options Author David Cram

both a physician and patient himself for ten years knows firsthand the questions that accompany the diagnosis of Parkinson's. He understands how vital education and effective treatment are in coping with PD and maintaining the best quality perspectives to enlighten and encourage readers about PD. Among the topics Dr Cram covers: How PD is diagnosed; Symptoms and stages of PD; The emotional side of PD; conquering fear and denial; Choosing the right health care team; Drug therapy; Surgical options; How exercise can help; Coping with day to day problems; Caring for caregivers. A Fact Filled Book for Coping with Parkinson's Disease. Parkinson's Disease & the Art of Moving John Argue, 2000. Over 100 photos illustrate exercises derived from yoga and tai chi techniques to help alleviate the symptoms that accompany Parkinson's disease. Illustrations

Patterns of Spouse Adaptation to Parkinson's Disease Vicki Lynn Shahly, 1989 YOUNG PARKINSON'S HANDBOOK, 1995 **Chronic and Terminal Illness** Sheila Payne, Caroline Ellis-Hill, 2001. Most chronically and terminally ill patients are cared for in their own homes by family and friends rather than in hospitals or hospices. These carers are an invaluable free resource and there is an increasing amount of research into their role and the experiences in caring for the terminally ill patients with cancer and patients with other chronic diseases. This book provides a critique of the theoretical concept of caring carers and caregivers. Material is based on empirical evidence from recent studies with adults with acquired chronic illnesses including terminal illness. The empirical data within the book has been gathered from the perspective of those providing personal domestic or emotional care to others already known to them by virtue of kinship, cohabitation or friendship rather than carers organised on a professional or voluntary basis. This new evidence is used to make suggestions about possible ways forward within health and social care practice. Students in the fields of health and social care as well as in social sciences undertaking courses with a health focus, practitioners and researchers in palliative care and all those involved in health services provision for the chronically ill will find this book extremely valuable. *Thresholds of the Mind* Bill Harris, 2002. *They Changed the Game* Ken Rappoport, Barry Wilner, 1999. In 1998 baseball got a much needed face lift. The world watched as superstars Mark McGwire and Sammy Sosa battled each other in a home run race to beat slugger Roger Maris's 1961 record of 61 homers in a single season. Their highly publicized contest regenerated interest in baseball at a time when the sport was desperate for a public relations boost. In the process McGwire and Sosa changed the game forever. But they are not alone. Throughout the twentieth century athletic heroes have altered their respective sports with spectacular achievements renewing their fans confidence and surpassing their expectations with pioneering fearlessness, powerful expertise and unforgettable performances. In *They Changed the Game* authors Ken Rappoport and Barry Wilner profile professional sports trailblazing champions from boxing great Muhammad Ali to runner extraordinaire Jesse Owens from stock car racer Richard Petty to incomparable sportswoman Babe Didrickson. Discover how baseball's Jackie Robinson created a social revolution by breaking the color line. Follow Wayne Gretzky as he raised the popularity of ice hockey across the country. Examine the lines between amateur and pro in the story of Jim Thorpe and learn how the

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