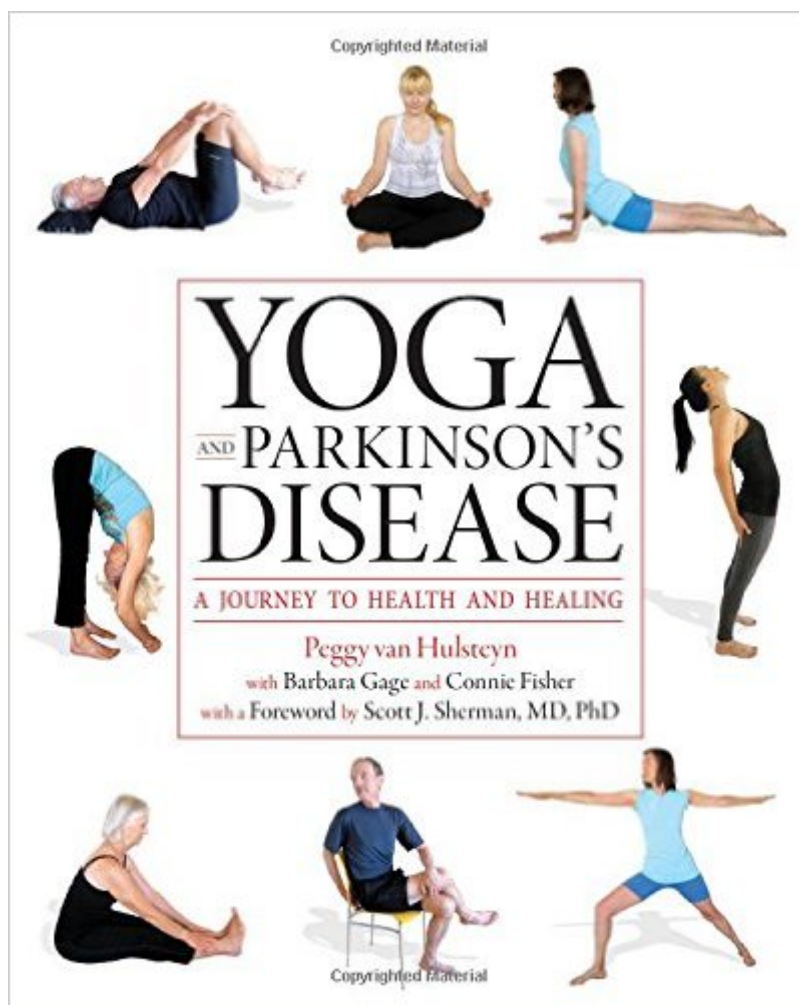


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# Yoga And Parkinson's Disease: A Journey To Health And Healing



## Synopsis

Yoga and Parkinson's Disease is a practical how to guide to using yoga to manage stress, improve mental alertness, increase flexibility, correct posture and improve the quality-of-life of readers with Parkinson's. It follows the author's own experience and research studies in the subject that have shown a correlation between yoga practice and better health and outcomes after a Parkinson's Disease diagnosis. More than simply an exercise guide, the book is a deeply soothing form of moving meditation and physical activity that is a safe way to rebuild strength, stamina, and flexibility.

Yoga and Parkinson's Disease shows how yoga ameliorates difficulties that accompany Parkinson's, including mobility, range of motion, balance, and guides towards leading a healthier life.

## Book Information

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Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (15 customer reviews)

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## Customer Reviews

Book review by Robert J. Guttman October 2nd, 2013 My first reaction to Peggy van Hulsteyn's excellent book, "Yoga and Parkinson's Disease: A Journey to Health and Healing" is that the author is a an incredibly positive and optimistic person who is using every resource at her disposal including yoga while she is fighting off her cruel and terrible Parkinson's Disease. The author is to be praised for writing this book to help others fighting this dread disease by providing her views on how yoga has helped calm and relax her during these past twelve years since she was diagnosed with PD. Rather than responding that nothing can be done having a disease with no known complete cure, Peggy found solace and peace in using not only yoga but her lifelong skills as a writer to fight

PD the best way she knew possible."By writing and lecturing about Parkinson's, as well as campaigning for more funding for Parkinson's research, I'm searching for meaning and a sense of purpose in my diagnosis," Peggy states in the beginning of her book that not only explains Parkinson's Disease but through the use of helpful illustrations shows how to use daily yoga exercises to fight PD. Peggy's good humor and optimism ring out in the first part of her book entitled "My Story". The author urges her readers with PD, "to see the meaning of this hardship as a call to crown yourself reigning royal over your precious life to gather your roses and your friends, practice your yoga every day, cultivate your garden, hug your cat, learn French, read Auntie Mame to your niece, and embrace its message to 'Live, live, live!'". My interest in reading Peggy's book is that I also have a close relative who is suffering from Parkinson's Disease and I wanted to know more about the illness.

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