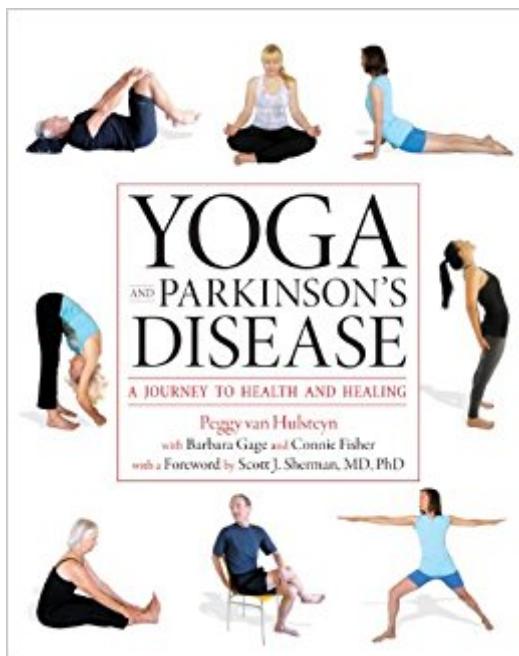


The book was found

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

Paperback: 144 pages

Publisher: Demos Health; 1 edition (August 28, 2013)

Language: English

ISBN-10: 1936303507

ISBN-13: 978-1936303502

Product Dimensions: 7.9 x 0.6 x 9.9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 19 customer reviews

Best Sellers Rank: #469,919 in Books (See Top 100 in Books) #42 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease #387 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #763 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

"In this kind and instructive book, Peggy van Hulsteyn shares her struggles with Parkinson's disease and how the practice of yoga has eased her path. With compassion, humor, and a hard fought perspective, she has written an inspiring book and seeks to provide a practical guide to others in coping with Parkinson's disease." - US Senator Tom Udall. "A must-read for the recently diagnosed or people at any stage of Parkinson's disease. Her practical tips and well-explained poses will help anyone with Parkinson's explore ways to live as fully as possible. Van Hulsteyn guides the reader living with the disease to view yoga as a healing practice that will increase flexibility and mobility." -Joyce Oberdorf, president and CEO, National Parkinson Foundation

"In this kind and instructive book, Peggy van Hulsteyn shares her struggles with Parkinson's disease and how the practice of yoga has eased her path. With compassion, humor, and a hard fought perspective, she has written an inspiring book and seeks to provide a practical guide to others in coping with Parkinson's disease."--Senator Tom Udall (D-N.M.)"I am inspired and enthused by van Hulsteyn's ebullient wit, humor, and positive spirit. Yoga and Parkinson's Disease is one of those much needed books that empowers, motivates, and educates people dealing with Parkinson's disease."--Karl Robb, author of *A Soft Voice in a Noisy World: A Guide to Dealing and Healing with Parkinson's Disease*"Inspiring and motivating...a non-threatening and very practical guide to starting a yoga practice. In wonderfully witty and humorous prose, van Hulsteyn shares her story of living with Parkinson's disease and succinctly summarizes the value of exercise, particularly yoga, for dealing with the many symptoms of this disease."--Cynthia Marie Fox, Ph.D., CCC-SLP, co-founder and vice president of operations of LSVT Global, Inc.

I showed this book to two Physical Therapists and a yoga teacher. All three were impressed. The author is upbeat and honest about her own journey with Parkinson's. Highly recommended!

some people think yoga is the cure for everything. a convincing case is made in this book. useful, easy to read, something for all levels. all doctors seem to agree exercise is the key to taking charge of Parkinson's, and this book is a must-read for all concerned.

Very good book for "easy" Yoga. Parkinson's patients can benefit greatly from Yoga but traditional Yoga classes are often too difficult. This strikes a good balance.

Yoga is good in general. For those with Parkinson's (as I) it's not common knowledge what exercises work best for us. This book is a resource.

I was diagnosed with Parkinson's in 2012. I WAS LOOKING FOR A RESOURCE THAT WOULD HELP ME DELAY THE PROGRESSION. I FOUND IT AND RECOMMEND IT.

Many helpful tips -well written

By the author sharing her story we received a better perspective and greater understanding of the

challenges presented by Parkinson's disease and inspiration to face our own challenges.

This is a beautifully presented book that includes the author's story and an introduction to basic yoga. The tone is friendly and inviting. Even if one does not suffer from Parkinson's Disease, this volume is a must for starting or returning to a consistent yoga practice. The photos, which include the author's husband and mentors, are excellent. In addition to being informative, it is fun to read.

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