



Dealing and Healing with Parkinson's Disease and Other Health Conditions A Workbook for Body, Mind and Spirit

By: Angela and Karl Robb
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Book Website: <https://pdpatient.wordpress.com/dealing-and-healing/>

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Author Website: <http://www.ASoftVoice.com>

Praise for Dealing and Healing

“... a simple but very elegant workbook. It is one thing for someone to tell you a story---or share an experience. But we all need “How To’s” so we can “execute” for ourselves. A “must have” for anyone with Parkinson’s...”

– Carol Walton, Chief Executive Officer, The Parkinson Alliance, www.parkinsonalliance.org

“This is a remarkably versatile book. Not only does it accompany Karl Robb’s previous book, [A Soft Voice in a Noisy World](#), but it can be used on its own as a workbook for the individual or as a guidebook for support group leaders. In the Parkinson's community, Karl and Angela are as well-known for their upbeat and positive attitude as they are for inspiring others to achieve a state of well-being that includes physical, mental and social factors. With the thought-provoking questions in this workbook, we can all, including those living with Parkinson’s or other chronic conditions, figure out how to take better care of ourselves and improve our quality of life.”

–Sonia Gow, Creator, The Parkinson Social Network, www.parkinsonsocialnetwork.org

“I am going through my copy to consider how our group might use it. There is so much good for us to consider that it could keep us thinking and talking for years!”

–Cheryl Reames, Facilitator, Greater Winchester Area Parkinson’s Support Groups

“This workbook has been very well thought out, it is an excellent self-help tool for anyone dealing with a chronic illness not just Parkinson’s. Although it does contain many useful tips and tools, the book doesn’t just focus on the physical aspects of dealing with illness, but rather the whole-person by addressing the mind and spirit as well.

One of my favorite things about this book is the fact that the authors do not try to provide simplistic one size fits all solutions, but rather pages and pages of thought provoking questions and worksheets. Each page is designed as a standalone piece and can be used in any order. They could be used for support group meetings, small family discussion, or for individual personal reflection.

Living with a chronic health condition can often destroy one’s sense of self, it can sap the very essence of our being to the

point where one only think in terms of the illness. This book helps readers evaluate and assess their individual needs, wants and desires and then take action to live a fulfilling and purposeful life in spite of their condition.”

–Adolfo Diaz, Amazon buyer

“Though I do not have Parkinson's, I have found this workbook incredibly helpful for other chronic illnesses. Additionally, it helps me understand what loved ones with Parkinson's in particular are going through. The book is thoughtful, well laid out, and I would recommend it to anyone who is considering it! A workbook like this can seem daunting, but laying out your options in this way can really help manage an illness and treatment options.”

–Amazon buyer

“Excellent, thoughtful work, that will help anyone in their chronic disease journey, not just those with Parkinson's.”

-Anna M., Amazon buyer