

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

## **2-line Summary:**

*Dealing and Healing* offers a fresh and exciting new tool for any individual or group seeking an holistic approach to their own well-being!

## **Short Synopsis:**

*Dealing and Healing* is a new workbook that explores living well with a health condition from a body, mind, and spirit level. The book is filled with exercises designed to expand self-awareness, refresh the body, calm the mind, and bring peace to the spirit.

## **Medium Synopsis:**

An Essential Addition to Your Wellness Toolkit!

Angela and Karl Robb, the team that developed the Parkinson's Disease best-selling book, *A Soft Voice in a Noisy World*, have created an easy to use workbook to enhance personal wellness. *Dealing and Healing* is a new workbook that explores living well with a health condition from a body, mind, and spirit level. The workbook is filled with exercises designed to expand self-awareness, refresh the body, calm the mind, and bring peace to the spirit. Now, having lived with Parkinson's for at least thirty-three years, Karl shares his positive perspective in this workbook.

## **Long Synopsis:**

An Essential Addition to Your Wellness Toolkit!

*Dealing and Healing* offers a fresh and exciting new tool for any individual or group seeking an holistic approach to their own well-being!

Angela and Karl Robb, the team that developed the Parkinson's Disease best-selling book, *A Soft Voice in a Noisy World*, have created an easy to use workbook to enhance personal wellness. *Dealing and Healing* is a new workbook that explores living well with a health condition from a body, mind, and spirit level. Filled with exercises designed to expand self-awareness, refresh the body, calm the mind, and bring peace to the spirit. Now, having lived with Parkinson's for at least thirty-three years, Karl shares his positive perspective in this workbook.

Over 100 original exercises to promote wellness to help you:

- Reduce stress and enhance peace
- Balance your body, mind, and spirit connection

- Look at life with greater joy and positivity
- Explore the perception and option of trying complementary therapies
- Unleash new potential, hope, strength, and awareness

Angela and Karl Robb write and speak about their experiences living with Parkinson's disease. Karl is the author of the bestselling book, *A Soft Voice in a Noisy World – A Guide to Dealing and Healing with Parkinson's Disease* and the award-winning blog, ASoftVoice.com. Angela was honored in 2015 as a White House Champion of Change in Parkinson's Disease.

#### **5 Points of Interest about the Book's Content or Story:**

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## Book Details and Purchase Information

**Book Title:** Dealing and Healing with Parkinson's Disease and Other Health Conditions – A Workbook for Body, Mind & Spirit

**By:** Angela & Karl Robb

**Published by:** RobbWorks LLC

#### **Available for Sale at:**

Amazon.com - <https://www.amazon.com/Dealing-Healing-Parkinsons-Disease-Conditions/dp/0988184745/>

BN.com - <http://www.barnesandnoble.com/w/dealing-and-healing-with-parkinsons-disease-and-other-health-conditions-karl-robb/1125052682?ean=9780988184749>

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**Book Website:** <https://pdpatient.wordpress.com/dealing-and-healing/>

**Publisher Website:** <http://www.RobbWorks.com>

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

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**Author Twitter:** <https://twitter.com/asoftvoicepd>

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