

New Book May Reveal What Your Body and Mind Aren't Telling You

Workbook Targets Balance of Mind, Body, and Spirit

FAIRFAX, Virginia - There is still so much being discovered every week on illness and the human body. What we do know is that all the systems of the human body depend upon one another to function at peak performance. Science is quickly unlocking the mysteries of illness and its relation to the mind, body and spirit.

"The mind, body, and spirit, must remain balanced. Stress, pain, anxiety, and inflammation can all disrupt the body's delicate balance. When one of these systems becomes out of balance, the others can follow. It just goes to show, that all the systems are integrated at some level.", says co-author, Karl Robb of the new book, *Dealing and Healing with Parkinson's and Other Health Conditions: A Workbook for Body, Mind & Spirit* (RobbWorks, 2016, ISBN 978-0-9881847-4-9, \$17.95, <https://pdpatient.wordpress.com/dealing-and-healing/>).

His co-author, partner, and wife, Angela Robb adds, "The exercises in this book will have you exploring the roles that stress and anxiety play in your life. *Dealing and Healing* was written in response to feedback from our readers. They were looking for a tool to help them explore their conditions more deeply. The exercises in this workbook do just that!"

The authors, Angela and Karl Robb published their first book, *A Soft Voice in a Noisy World: A Guide to Dealing and Healing with Parkinson's Disease* in 2012. It is a popular book in the Parkinson's disease community. "We had many readers of our first book who said 'I don't have Parkinson's but found much of the book spoke to living life in general.'" says Karl. "So, we decided to write *Dealing and Healing* for people dealing with any health condition."

Dealing and Healing is a new workbook that explores living well with a health condition from a body, mind, and spirit perspective. The book is filled with exercises that are designed to expand self-awareness, refresh the body, calm the mind, and bring peace to the spirit. Included are over 100 original exercises and worksheets to promote wellness to help:

- 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.

Now, having lived with Parkinson's for at least thirty-three years, Karl shares his positive perspective in this workbook.

Here are just a few of the insights included within the workbook:

1. Think differently! Be open to new ideas and suggestions from others!

It's up to the reader to take the first step in finding what works for them. Always be looking for a solution that works for you.

2. Part of taking care of yourself is to be your best! This may require you to put yourself first, but not at the detriment of your loved ones and those around you.

We are often harder on ourselves than our worst enemy. Give yourself a break!

3. Keeping a schedule has benefits! Even a small change can have a huge impact.

When making changes, don't make more than one change at a time.

Visit ASoftVoice.com to sign up to receive notifications when free, new posts are posted. Search the archives to find articles on topics that are important to you.

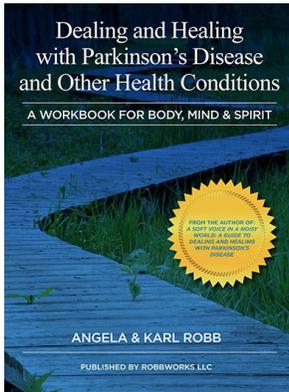
###

About the Author:



Angela and Karl Robb write and speak about their experiences living with Parkinson's disease. Karl has lived with Parkinson's disease for over 30 years. Karl and Angela have been married for twenty years. 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.

About the Book:



Dealing and Healing with Parkinson's and Other Health Conditions: A Workbook for Body, Mind & Spirit is a new workbook that explores living well with a health condition from a body, mind, and spirit perspective. The book is filled with exercises designed to expand self-awareness, refresh the body, calm the mind, and bring peace to the spirit. (RobbWorks, 2016, ISBN 978-0-9881847-4-9, \$17.95, <https://pdpatient.wordpress.com/dealing-and-healing/>).

Review Copies and Media Interviews:

For a review copy of *Dealing and Healing with Parkinson's and Other Health Conditions: A Workbook for Body, Mind & Spirit* or an interview with Angela or Karl Robb, please contact asoftvoice@robbworks.com. When requesting a review copy, please provide street address.

If you would like to receive this information as a Word document, please let us know.