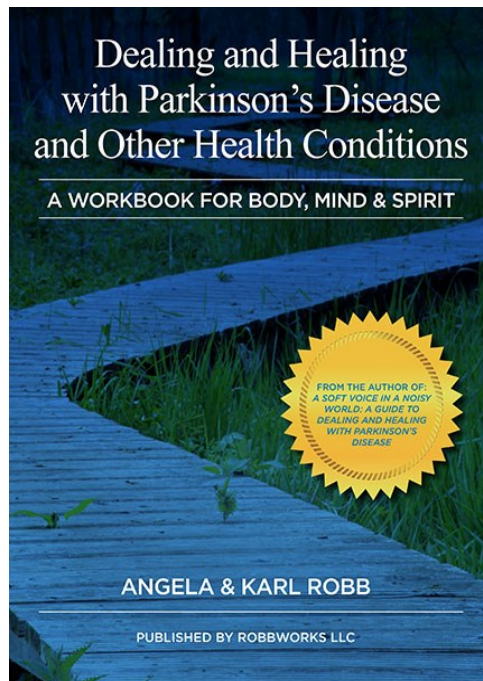


Sample Chapter

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

By Angela & Karl Robb



Chapter 11: My Health Condition Doesn't Mean the End

(Continues onto the next page)



CHAPTER 11

REFER TO PAGE 75 IN ASV

My Health Condition Doesn't Mean the End

Use the following questions to discuss your emotional and mental outlook toward your health condition.

Your illness may mean a transition - not the end.

“Hope is the thing with feathers that perches in the soul—and sings the tune without the words—and never stops—at all.”—Emily Dickinson No. 254

- What has your health condition taught you?
- Do you appreciate what you have and show gratitude for the good in your life?
- Has your health condition made you more aware of your other senses?
- Has it made you more sensitive? More aware?
- What adjustments are you considering to live well with your diagnosis?

Prior to living with a health condition, multi-tasking may have been easy. Living with a health condition can make it harder to keep focus. It is easy to allow our minds to lose focus and wander. If we lose sight of the present, we tend to miss details.

- How are you at living in the present?
- What do you do to keep yourself centered and balanced?
- Does your mind wander?
- Can you stay on task?
- Do you prioritize well?

CHAPTER 11



- Do you start projects but don't finish them?
- How is your attention span?

If your answers indicate you need a little help in staying centered and balanced, we strongly suggest that you seek out yoga, meditation, and other practices in your area for centering mind and body!

Do You Know?

Cognitive Changes and Parkinson's

According to the Parkinson's Disease Foundation (www.pdf.org) website, in an article titled: *Not Just a Movement Disorder: Cognitive Changes in PD*, Dr. Laura Marsh discusses some of the non-motor symptoms of Parkinson's that could affect those living with Parkinson's.

"PD affects a variety of cognitive functions. Problems with executive function are often regarded as the most common. Executive functions are higher-order mental processes such as problem-solving and planning, initiating and following through on tasks, and multi-tasking ideas or projects."

If you think that you or your loved one with Parkinson's is having difficulties with these issues, we recommend you bring them to the attention of your care team: movement disorder specialist, neurologist or general practitioner for discussion.

Source: Parkinson's Disease Foundation -http://www.pdf.org/en/winter07_08_Not_Just_a_Movement

Table of Contents: <http://pdpatient.wordpress.com/dealing-and-healing/>

Amazon Reviews: http://www.amazon.com/dp/0988184745/ref=rdr_ext_tmb

Where to Buy:

Amazon.com link: http://www.amazon.com/Dealing-Healing-Parkinsons-Disease-Conditions/dp/0988184745/ref=sr_1_1?ie=UTF8&qid=1483557378&sr=8-1&keywords=dealing+and+healing

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