

Bios for Karl Robb



2-line bio:

An author writing about health, hope, and some new ways to look at your life. Check out my brand-new workbook, *Dealing and Healing with Parkinson's Disease and Other Health Conditions*. It is a great tool for everyone!

Short Bio:

Karl Robb is the author of two books, *A Soft Voice in a Noisy World – A Guide to Dealing and Healing with Parkinson's Disease* and *Dealing and Healing with Parkinson's Disease and Other Health Conditions: A Workbook for Body, Mind & Spirit*. Karl has had Parkinson's disease for over thirty years. He is a writer, blogger, and lecturer on living well with Parkinson's. You can reach Karl at <http://www.ASoftVoice.com> or emailing him at asoftvoice@gmail.com.

Medium Bio:

Karl Robb has had Parkinson's disease (PD) for over thirty years. Karl believes he has had PD since he was seventeen years old and was diagnosed at the age of twenty-three. Now fifty, he is a Parkinson advocate, entrepreneur, inventor, writer, blogger, photographer, Reiki Master, and speaker on PD issues.

Karl is the author of two books, *A Soft Voice in a Noisy World: A Guide to Dealing and Healing with Parkinson's Disease* and *Dealing and Healing with Parkinson's Disease and Other Health Conditions: A Workbook for Body, Mind & Spirit*. He was a blogger partner for the 4th World Parkinson Congress - 2016.

You may reach Karl via email at asoftvoice@gmail.com or visit his blog at www.asoftvoice.com.

Long Bio:

Karl Robb has had Parkinson's disease for over thirty years. Karl believes he has had PD since he was seventeen years old and was diagnosed at the age of twenty-three. Now fifty, he is a Parkinson advocate, entrepreneur, inventor, writer, photographer, and speaker on PD issues.

He has helped the [National Parkinson's Foundation](#) (NPF) organize several young-onset conferences and has worked closely with the [Parkinson Action Network \(PAN\)](#) as a former board member and former State Director for several years. He currently sits on the Board of the [Parkinson Voice Project \(PVP\)](#).

Karl holds a bachelor's degree in English from the University of North Carolina at Chapel Hill. His writing has been featured in The New Republic and National Parkinson Foundation. Karl is the author of two books, *A Soft Voice in a Noisy World: A Guide to Dealing and Healing with Parkinson's Disease* and

Dealing and Healing with Parkinson's Disease and Other Health Conditions: A Workbook for Body, Mind & Spirit. He has appeared on BBC radio, the CBS Saturday Evening News, Japanese television, as well as several local Washington, D.C., television stations.

Karl, with his wife, Angela, received the 2008 Murray Charters Award for outstanding advocacy. Karl maintains a blog on PD, "[A Soft Voice in a Noisy World.](#)" He was a blogger partner for the 4th World Parkinson Congress.

Karl has practiced Reiki for over 18 years and has attained the level of Master in the Reiki Jin Kei Do lineage. Both he and Angela have taught several classes on Reiki.

You may reach Karl via email at [asoftvoice at gmail.com](mailto:asoftvoice@gmail.com), visit his blog at www.asoftvoice.com, on [Facebook](#), or contact him via Twitter [@asoftvoicepd](#).

Speaker Introduction:

Before I introduce our speaker, today, let me tell you a little about him. He's a self-described dark chocolate loving snob and pomme frite connoisseur who never met a potato he didn't like. His epitaph will read, "Anything fried—is good!"

Karl Robb, grew up in Ohio and North Carolina, the youngest of two older very competitive brothers. He went to school in Charlotte, NC and graduated from Charlotte Country Day School. He graduated from the University of North Carolina at Chapel Hill, with a degree in English.

At the age of 17, while on his school's tennis team, he noticed uneven wear on his shoes, had balance issues, gait and posture difficulty, and even some speech problems. All of these symptoms were troubling but were just minor nuisances at the time.

Karl has had Parkinson's for over 30 years. He is an advocate, mentor, writer, and former long-time former support group leader. He served 6 years on the board of the Parkinson Action Network before its breakup. He is a Board member of the Parkinson Voice Project in Richardson, Texas.

The progression of the symptoms crept so slowly that not until at age 23 and after seeing numerous doctors, did he receive a diagnosis of Parkinson's disease. The whole harrowing and emotional mystery and compelling saga is told in his self-published first book, *A Soft Voice in a Noisy World: A Guide to Dealing and Healing with Parkinson's disease*. The book was inspired by his worldwide recognized blog, www.asoftvoice.com, which discusses all aspects of daily living with illness and all that comes with it. The book was published in December 2012.

In 1998, not looking for Reiki (Ray-Key), the over 1000 year old energy therapy found Karl. After skeptically trying it, he found huge benefit, became a believer, got hooked, and 15 years later became a Reiki master and teacher. He encourages everyone to try it at least once.

Following the success of his first book, almost 4 years later, with his wife and co-author, Angela Robb, seeing the need for an all-encompassing workbook for almost all health conditions, the Robbs created a series of easy to use but very powerful exercises and worksheets to help improve the mind, body, spirit connection.

His newest book, *Dealing and Healing with Parkinson's disease and Other Health Conditions: A Workbook for Body, Mind, and Spirit*, is a powerful collection of over 100 unique and helpful exercises that help unlock, expand, and enhance the balance of your being. Ideal for support groups or individual study and exploration, the exercises can unveil and enhance your intuition.

Please give a warm welcome to our speaker--author, inventor, and photographer, Karl Robb.

Six Fun Facts You Didn't Know About Me:

1. I am an amateur magician and have been since I was a boy.
2. I met the Big Band leader Count Basie. I was 10 years old.
3. I invented a product used by over 40 casinos across the United States.
4. I am an avid photographer and doodler.
5. I collect domain names and shark teeth.
6. I have been vegetarian for over half of my life.