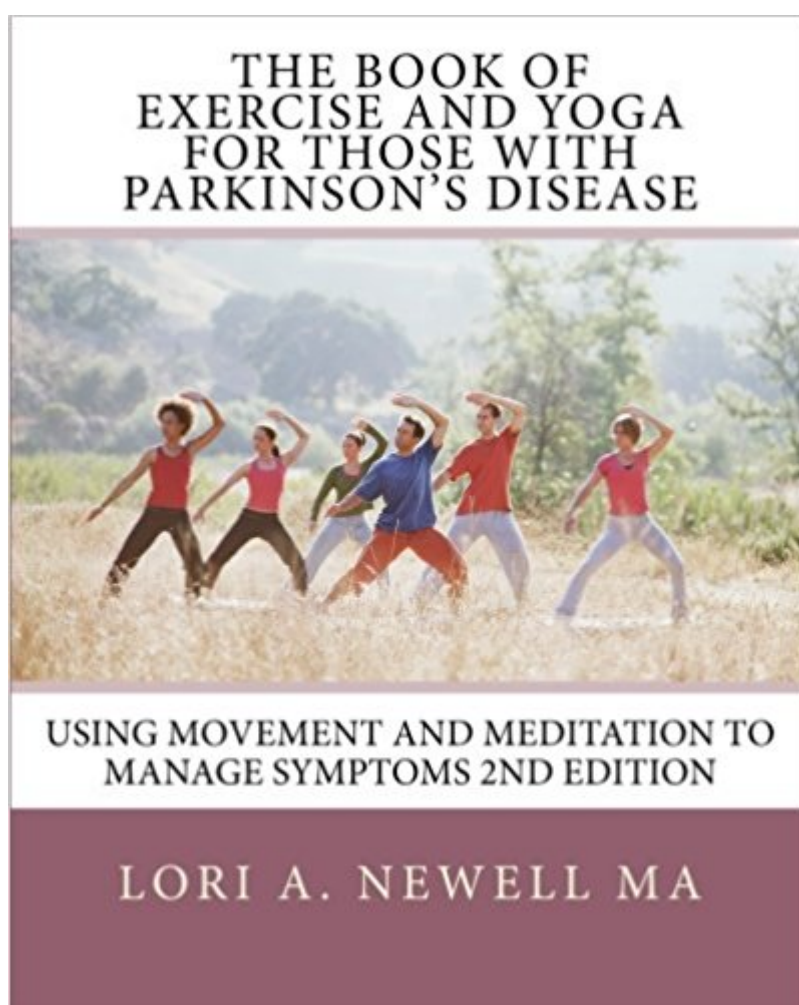


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# The Book Of Exercise And Yoga For Those With Parkinson's Disease: Using Movement And Meditation To Manage Symptoms



## Synopsis

This first-of-a-kind book based on the author's experience outlines a comprehensive program specifically geared to those with Parkinson's disease. This book covers a wide range of movement therapies such as range of motion exercises, low to no-impact aerobics, strength training, yoga, and T'ai Chi. The Book of Exercise and Yoga for Those with Parkinson's Disease is unique in that it covers a wide range of techniques, which are specifically geared to, and have been proven helpful for, those with Parkinson's disease. The exercises are all explained in detail utilizing safe body mechanics and are illustrated in standing, standing holding onto a chair, and seated variations to accommodate a wide variety of abilities. This complete wellness program goes beyond the traditional exercise book offering information on home safety, fall prevention, activities of daily living, and body mechanics (including how to get up from the floor) as well as facial and voice projection exercises. Each chapter includes brief explanations on how each movement technique physiologically affects the body and how they specifically help those with Parkinson's disease. The strength training chapter also includes simple muscle diagrams to educate readers about which muscle group(s) they are targeting. This book also provides information on stress management and provides instruction in four different relaxation/meditation techniques. If you are looking for a complete program to help you manage your symptoms and enhance your quality of life, then this book is for you.

## Book Information

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## Customer Reviews

Lori Newell M.A. holds a Masters degree in Health Promotion with a concentration in pain and stress management from Norwich University. She is a certified health and fitness instructor through the American College of Sports Medicine, and a certified yoga instructor. Lori has over 25 years of experience working with individuals, helping them to achieve their health, fitness, and wellness goals. She has specialized training in working with those with post-rehabilitative needs, and those with chronic pain and illness. Lori owns and operates Living Well Yoga and Fitness which provides exercise and wellness programs to a wide variety of populations in various locations and she regularly contributes articles to local and international newsletters and websites.

The content of this book is wonderful; it is organized in a way that is just what I was looking for! I ultimately ordered the paper back because the formatting (especially with diagrams, tables and text boxes) on the Kindle didn't work well enough to easily follow the instructions for the exercises.

My best friend was diagnosed with Parkinsons Disease in 2010/2011. I bought this book as a gift for my friend. My friend provided the following review:" This book is about Tai Chi. The book is very easy to read and easy to hold but will not sit flat on a table ".

I have PD and though struggle with personal motivation, I m going to give this I a try in short intervals until I can get going again. There will be time in the future for assistance; right now in need to pull up my bots and wade in . This book provides me with manageable segments.

I have patients with Parkinsons that I give exercises too, the book worked perfect for me

This book has been very helpful. I bought it to learn some yoga poses I could teach to students with Parkinson's Disease. I have consulted with a leading yogi who teaches & has developed programs for hospitals working with Parkinson's Disease but this book goes even further and taught me more. I learned to attentively do and teach things most of us take for granted as well as how to help student prepare for challenges which may await them in their futures. I highly recommend it.

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