

## A PPSG Book Snapshot

### Parkinson's Disease & the Art of Moving

**John Argue** Author JOHN ARGUE has worked with people with Parkinson's Disease since 1985. Drawing on his training and experience in teaching theater, voice, yoga, and tai chi, he has been conducting movement and speech classes for people with Parkinson's disease at his studio and at Kaiser permanent Hospitals throughout the San Francisco Bay Area.

2000 New Harbinger Publications, Inc, 220 pages, \$19.95

**From front cover:** An exercise program to: increase flexibility, strength, balance, and coordination; improve communication, voice power, and speech clarity; delay the progression of symptoms; and take steps toward leading a fuller life.

**On back cover:** Every PD specialist recommends making exercise a part of the patient's daily regimen. This is the ONLY book that tells people with PD and their caregivers HOW to follow that advice. Ten lessons with over 100 photographs show people with Parkinson's how to improve flexibility, balance, gait and communications

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