

A PPSG BOOK SNAPSHOT

Living Well With Parkinson's Disease What Your Doctor Doesn't Tell You...That You Need to Know

Gretchen Garie and Michael J. Church, cofounders of Movers and Shakers, with Winifred Conkling
2007 Harper Collins Publishers, 246 pages, \$14.95

On the front cover: "Gretchen's and Michael's firsthand knowledge as patients, coupled with their years of experience as experts and advocates, allow them to offer a unique perspective...Using the information provided ... in this book, you, too, can live well in Parkinson's disease."

--JOHN D. CAMPBELL, M.D., neurologist and medical director for PASFL, the Parkinson's Association of South West Florida

Essential information on: Finding the right doctor; The latest treatment options and medications; Alternative therapies and nutritional healing; Overcoming daily challenges and maintaining a positive outlook; Keeping family relationships healthy; Navigating financial challenges and insurance

On the back cover: A complete guide to Parkinson's from two people with the disease who cofounded a national support and advocacy organization.

Gretchen Garie and Michael Church ... thoroughly discuss diagnosis, treatment options, and the emotional consequences of this difficult illness. With a conversational, pragmatic, and personal tone, they offer advice on such topics as: how PD affects relationships; the role of diet, supplements, and rest and relaxation; strategies for navigating professional life and the maze of the health-care system; handling everyday challenges such as buttoning a shirt or rolling over in bed; and more!

Compassionate and inspiring, *Living Well with Parkinson's Disease* offers knowledge and wisdom from those who understand the challenges of dealing with Parkinson's every day.

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Foreward by John D. Campbell, M.D.

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