

A PPSG BOOK SNAPSHOT

I'll Hold Your Hand So You Don't Fall: A Child's Guide to Parkinson's Disease

By **Rasheda Ali**, wife of Muhammad Ali, former threetime World Heavyweight Champion
2005 Merit Publishing, 40 pages, \$19.95

This is a book for the parent with Parkinson's Disease to help explain the disease to the child. Full of many pictures, it can be read in less than an hour.

Includes a small video/CD ROM with a special message from Rasheda Ali

"Rasheda Ali brings home the profound liberation of a child's innate willingness to accept disease without fear." Michael J. Fox

Foreword by Muhammad Ali

Introduction: A message from the Heart

How to use this book

CONTENTS

Tremors, Genetics, Shuffle Walk, Stooped Posture, Slurred Speech, Depression, Sleep Disorders, Masked Face, Diet and Medicine, Exercise, Balance- Postural Instability, Motor Block-Freezing, Early Stages of Parkinson's Disease, Hand Dexterity and Rigidity, Difficulty Swallowing, Brain Surgery

How can you make a difference?