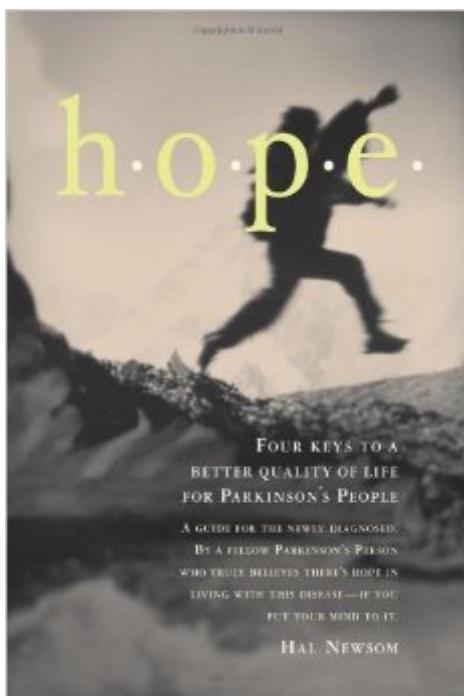


The book was found

# HOPE: Four Keys To A Better Quality Of Life For Parkinson's People



## **Synopsis**

This book is a book of hope for both the newly diagnosed Parkinson's Person as well as a helpful reminder to a better quality of life for those who have had the disease for many years. The writing is succinct and easy to read. Hal outlines the four basics of hope as 1) Help; 2) Optimism; 3) Physician; and 4) Exercise. His personal stories on these four points are candid and powerful. He has experienced some changes in his life as a result of Parkinson's but he remains positive, upbeat and full of vitality. He shares some personal guidelines he now lives by and offers some tips on how to on how to face the challenges that may lie ahead. This is not a lecture on what you should do but merely an insight into what is working for a fellow person with Parkinson's. This is an essential tool to improve one's quality of life for those living with Parkinson's

## **Book Information**

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## **Customer Reviews**

This review is intended to summarize and give insightful opinions about Hal Newsom's book, HOPE: Four Keys to a Better Quality of Life for Parkinson's People and to help possible buyers determine if this is the right book for them. This book is a short, easy, and pleasurable read and would be an outstanding choice for a newly diagnosed person of Parkinson's disease (PD). I, not PD patient, initially read this book to help in a project I am doing on kinesia paradoxa. Kinesia paradoxa is a phenomenon stimulated to help decrease Parkinson patients' freezing of gait and shuffling incidents as their symptoms become much more advanced. This is not a book that is very beneficial for academia, which I discovered after I started reading, but rather just an inspiring book for those experiencing what Hal Newsom had when he was first diagnosed.---SYNOPSIS--- HOPE begins

initially by describing the reasoning behind the book and describing the most common reactions people experience when they first hear the words "You have Parkinson's disease." He tells stories of real life individuals, the disbeliever, the pro activist, the acceptor, and the angry one, to help you relate to one particular individual. He emphasizes on the fact that your life will never be the same, but you can choose whether to let the disease control your life or not, and that you can successfully live with the disease. The remainder of the book is broken down into the four basic sections of Newsom's personal guidelines that has given him hope and helped him to enjoy a better quality of life: Help, Optimism, Physician, and Exercise. These clear defined sections allow Newsom to clearly communicate information and provide a smooth read for the audience.

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Juran's Quality Planning and Analysis for Enterprise Quality (McGraw-Hill Series in Industrial Engineering and Management) ISO 10005:2005, Quality management systems - Guidelines for quality plans

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