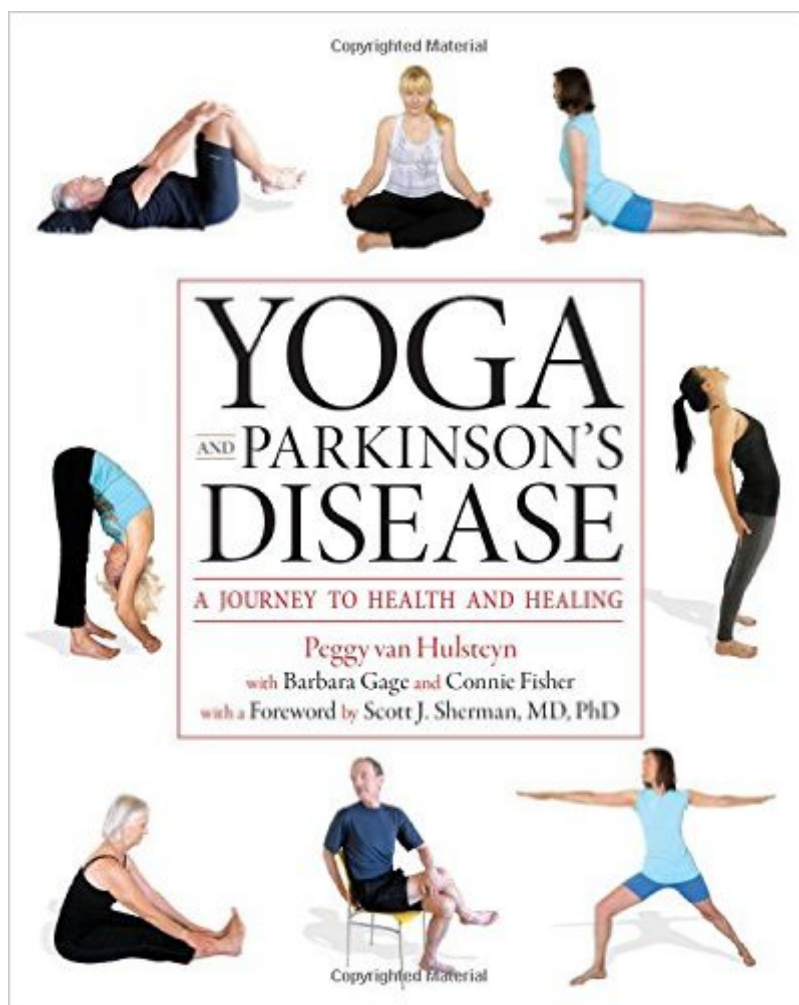


The book was found

Yoga And Parkinson's Disease: A Journey To Health And Healing



Synopsis

Yoga and Parkinson's Disease is a practical how to guide to using yoga to manage stress, improve mental alertness, increase flexibility, correct posture and improve the quality-of-life of readers with Parkinson's. It follows the author's own experience and research studies in the subject that have shown a correlation between yoga practice and better health and outcomes after a Parkinson's Disease diagnosis. More than simply an exercise guide, the book is a deeply soothing form of moving meditation and physical activity that is a safe way to rebuild strength, stamina, and flexibility.

Yoga and Parkinson's Disease shows how yoga ameliorates difficulties that accompany Parkinson's, including mobility, range of motion, balance, and guides towards leading a healthier life.

Book Information

Paperback: 144 pages

Publisher: Demos Health; 1 edition (August 28, 2013)

Language: English

ISBN-10: 1936303507

ISBN-13: 978-1936303502

Product Dimensions: 7.9 x 0.6 x 9.9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #470,264 in Books (See Top 100 in Books) #52 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease](#) #396 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#) #842 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#)

Customer Reviews

Book review by Robert J. Guttman October 2nd, 2013 My first reaction to Peggy van Hulsteyn's excellent book, "Yoga and Parkinson's Disease: A Journey to Health and Healing" is that the author is an incredibly positive and optimistic person who is using every resource at her disposal including yoga while she is fighting off her cruel and terrible Parkinson's Disease. The author is to be praised for writing this book to help others fighting this dread disease by providing her views on how yoga has helped calm and relax her during these past twelve years since she was diagnosed with PD. Rather than responding that nothing can be done having a disease with no known complete cure, Peggy found solace and peace in using not only yoga but her lifelong skills as a writer to fight

PD the best way she knew possible."By writing and lecturing about Parkinson's, as well as campaigning for more funding for Parkinson's research, I'm searching for meaning and a sense of purpose in my diagnosis," Peggy states in the beginning of her book that not only explains Parkinson's Disease but through the use of helpful illustrations shows how to use daily yoga exercises to fight PD. Peggy's good humor and optimism ring out in the first part of her book entitled "My Story". The author urges her readers with PD, "to see the meaning of this hardship as a call to crown yourself reigning royal over your precious life to gather your roses and your friends, practice your yoga every day, cultivate your garden, hug your cat, learn French, read Auntie Mame to your niece, and embrace its message to `Live, live, live!"". My interest in reading Peggy's book is that I also have a close relative who is suffering from Parkinson's Disease and I wanted to know more about the illness.

[Download to continue reading...](#)

YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Yoga and Parkinson's Disease: A Journey to Health and Healing Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers) The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) The Book of Exercise and Yoga for Those with Parkinson's Disease: Using Movement and Meditation to Manage Symptoms Gum Disease Cure (Gum Disease Cure, Periodontal Disease,

Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) Delay the Disease -Exercise and Parkinson's Disease (Book) By David Zid - Delay the Disease: Exercise and Parkinson's Disease (Spiral Bound) (3/16/07) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga

[Dmca](#)