



Living Well with Parkinson's Disease (Living Well (Collins))

Gretchen Garie, Michael J. Church, Winifred Conkling

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

In *Living Well with Parkinson's Disease*, Gretchen Garie and Michael J. Church, a couple who both have Parkinson's and live daily with the effects of the disease, 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 Parkinson's disease 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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