



A Life Shaken: My Encounter with Parkinson's Disease

Joel Havemann

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"I'm flat on my back on a couch that's too short in a windowless room in the bureau. I can't even sit at a computer, much less make a keyboard work. My arms and legs are shaking uncontrollably. Although I am only 53 years old, I have already been struggling with Parkinson's disease for seven years. And right now the disease is winning." So begins Joel Havemann's account of the insidious disease that is Parkinson's. Into his own story, Havemann weaves accessible explanations of how Parkinson's disrupts the brain's circuitry, how symptoms are managed through drugs and surgery, and how people cope with the disease's psychological challenges. The paperback edition brings the discussion of treatment options and research thoroughly up to date.

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Cynthia Richards:

A lot of people always spent all their free time to vacation or even go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you wish to try to find a new activity that is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent 24 hours a day to reading a guide. The book A Life Shaken: My Encounter with Parkinson's Disease it is very good to read. There are a lot of those who recommended this book. They were enjoying reading this book. Should you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore simply to read this book out of your smart phone. The price is not too costly but this book has high quality.

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