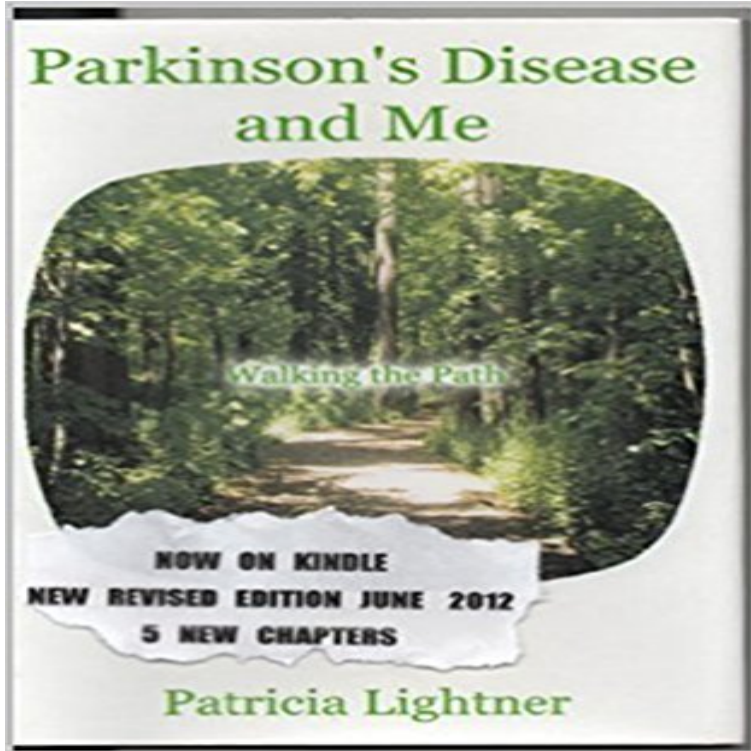


PARKINSONS DISEASE AND ME: Walking the Path



Parkinsons Disease and Me Walking the Path was originally published in 2003. Many changes have occurred since then and I have changed as a person and as a writer. I revised this book and added five new chapters in June 2012. I also made changes/additions to the original book. The book takes you on my journey before I was diagnosed with young-onset Parkinsons disease almost twenty years ago. It was obvious something was wrong. But Parkinsons disease? That was not on anyones radar screen. The book continues with my diagnosis and adjustment (Actually at first it was non-adjustment). I have found Parkinsons disease (PD) does not make one immune to the vagaries of life. A personal tragedy is included in the book. I found it could not be left out because of the profound manner in which it affected me. However, I stick to my belief of ones right to privacy and only give the pertinent points. Readers may feel some of the material in this book is dated. However, that material is best categorized as historical. We cannot successfully move forward unless we know and learn from where we have been. My book not only takes the reader into my journey as a PD patient but also my journey into advocacy. Not political but public policy. I volunteer for the Washington, D.C. based Parkinsons Action Network. It is a non-profit so they never have, do not, and never will endorse political candidates. Our interest and mission is public policy---making people aware of PD and letting Congress know of our needs. We want to see bills passed, for instance, that provide more research funds for the National Institutes of Health. They perform basic medical research for the federal government. Some recent funding increases proposed for the NIH do not or just barely keep up with medical inflation. Actually that cannot be called an increase. I have learned many things in my journey with PD. A newer chapter in the revised

book includes topics like energy conservation and memory aids. There is some poetry in the book. I find it interesting that some doctors believe PD brings out the creativity in some people. The last new chapter in the book is called People Who Need People. I have met some fantastic people on this journey. So there you have it. I am a PD patient, advocate for a cure, author of two books and newspaper opinion pieces and letters to the editor. I enjoy spending time with my family, church family, and friends. As I am able I like to bowl and golf, Wii sports, and dance all at my own speed and sometimes with my revised rules. And I like to read and write. This book's first edition has been described as realistic and yet upbeat. I feel the revisions are too. If you want lighthearted and fun, please check into my second book also on Kindle. It is called Joey and Parker A Tail of Two Cats. Sometimes one has to get away from the seriousness of life. My second book does so in a kind and gentle manner. A number of doctors and patients with Parkinsons disease have written books about this condition. All of us are working together on the route to a cure As my doctors have said, the doctors and the patients with Parkinsons disease learn from each other. Doctors, an RN who is also a Ph.D., and a specialist in advocacy and outreach reviewed my book. I was very touched by what they wrote. Their reviews are on the back cover of my book.

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