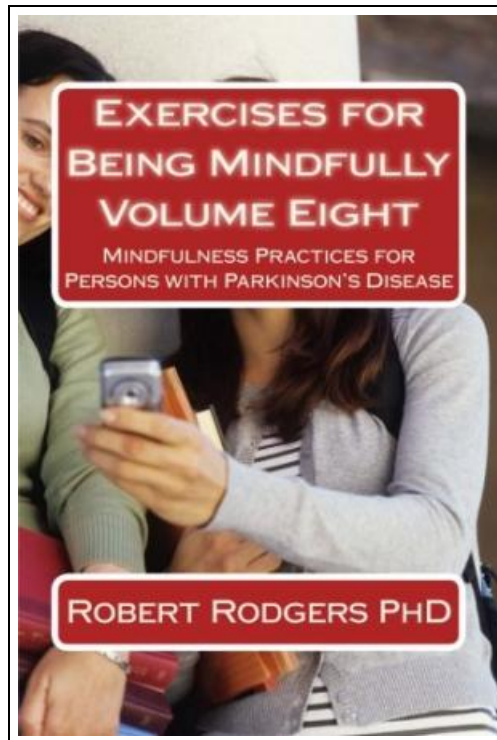


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EXERCISES FOR BEING MINDFULLY: MINDFULNESS PRACTICES FOR PERSONS WITH PARKINSON S DISEASE

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Stress is a primary instigator of symptoms associated with Parkinson s Disease. A practical and powerful way to reduce stress is to become more mindful which, simply put, means we are present in the moment rather than agonizing over the past or anticipating the future. The Parkinsons Recovery Mindfulness Series is designed by Robert Rodgers PhD from Parkinsons Recovery to help persons diagnosed with Parkinson s disease reduce their stress levels by adopting a mindfulness practice. Once stress levels are well under control, symptoms of Parkinson s will have enormous difficulty presenting themselves. The Mindfulness series consists of nine volumes that span the topics of seeing, hearing, noticing, doing, eating, thinking, feeling, being and intending. Exercises for Being Mindfully is the Eighth Volume of the Parkinsons Recovery Mindfulness Series. Six exercises and their long term implications for being mindfully are introduced. Contents include: How to be Mindful of the Present Moment, Phones, Slow It Down, Impatience, Transitions and Posture. Each mindfulness exercise is followed by an explanation of its deeper significance for persons who currently experience symptoms of Parkinson s disease. Among all of the factors that are implicated in causing symptoms associated with Parkinson s Disease the most critical is stress. When people experience stress, their symptoms get much worse. When stress levels are under control, their symptoms subside. Everyone who currently experiences symptoms of Parkinson s disease confirms the powerful link between stress and the presentation of their symptoms. The idea behind mindfulness is to become totally and completely present to each and every moment of our lives - to live in the present moment - not in the past or the future. Stress exerts an...



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