



# The First Year: Parkinson's Disease: An Essential Guide for the Newly Diagnosed

*Jackie Hunt, Jackie Hunt Christensen*

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Parkinson's disease—a chronic disorder that causes a progressive loss of nerve cell function in the part of the brain that controls muscle movement—is an incurable neurological condition with debilitating symptoms. Over 1.5 million Americans are affected, and the numbers continue to grow. From the first moment of her Parkinson's diagnosis, author Jackie Christensen took charge and educated herself on every aspect of her condition. Now, as a "patient-expert," she guides those newly diagnosed step by step through their first year with Parkinson's. She provides crucial information about the nature of the disease, treatment options, diet, exercise, charts and tables, social concerns, emotional issues, networking with others, and much more. *The First Year—Parkinson's Disease* will be an invaluable guide for all those who want to be an informed, active participant in the management of their condition.

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Why? Because this The First Year: Parkinson's Disease: An Essential Guide for the Newly Diagnosed is an unordinary book that the inside of the book waiting for you to snap that but latter it will jolt you with the secret the item inside. Reading this book adjacent to it was fantastic author who have write the book in such wonderful way makes the content inside easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any more or you going to regret it. This excellent book will give you a lot of benefits than the other book include such as help improving your expertise and your critical thinking technique. So , still want to hesitate having that book? If I were being you I will go to the reserve store hurriedly.

#### **Carla Helton:**

Playing with family within a park, coming to see the ocean world or hanging out with buddies is thing that usually you will have done when you have spare time, then why you don't try thing that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love The First Year: Parkinson's Disease: An Essential Guide for the Newly Diagnosed, you may enjoy both. It is fine combination right, you still want to miss it? What kind of hangout type is it? Oh occur its mind hangout folks. What? Still don't get it, oh come on its called reading friends.

#### **Megan Jordan:**

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#### **Danny Padilla:**

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