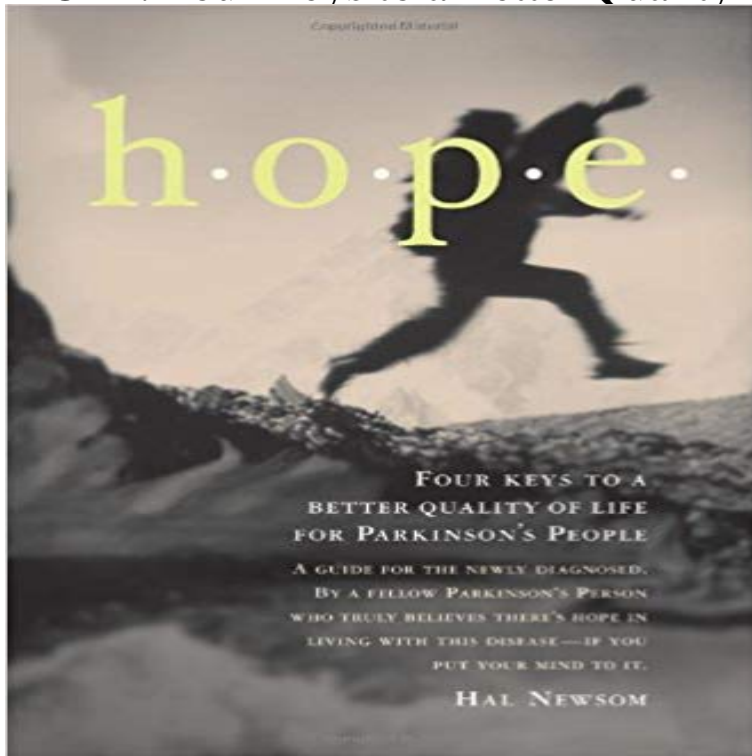


# HOPE: Four Keys to a Better Quality of Life for Parkinsons People



This book is a book of hope for both the newly diagnosed Parkinsons Person as well as a helpful reminder to a better quality of life for those who have had the disease for many years. The writing is succinct and easy to read. Hal outlines the four basics of hope as 1) Help; 2) Optimism; 3) Physician; and 4) Exercise. His personal stories on these four points are candid and powerful. He has experienced some changes in his life as a result of Parkinsons but he remains positive, upbeat and full of vitality. He shares some personal guidelines he now lives by and offers some tips on how to on how to face the challenges that may lie ahead. This is not a lecture on what you should do but merely an insight into what is working for a fellow person with Parkinsons. This is an essential tool to improve ones quality of life for those living with Parkinsons

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