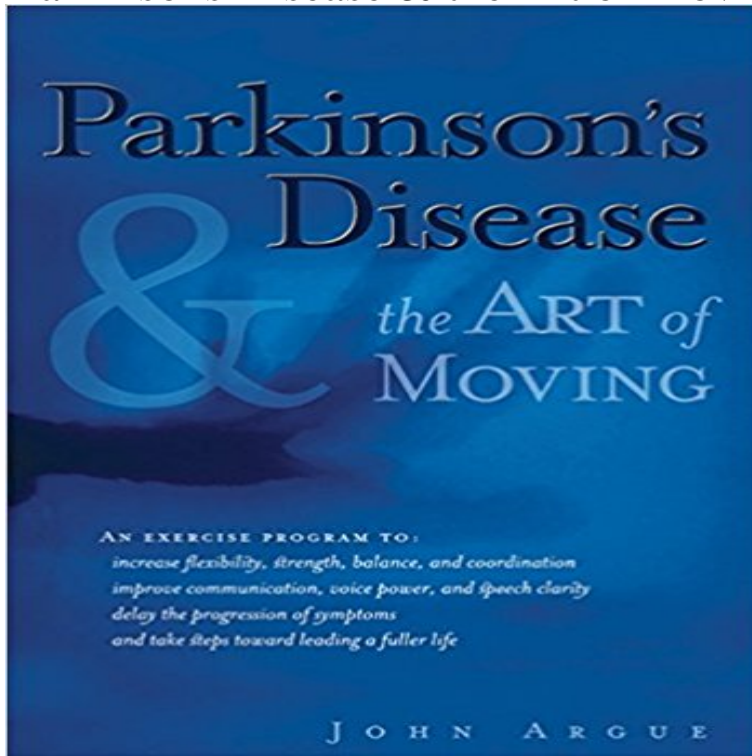


## Parkinsons Disease & the Art of Moving



One in every 100 persons over 60 will contract Parkinsons disease. Faced with an incurable and progressive disease, Parkinsons patients must relearn many everyday actions; sitting, standing, walking, lying down, speaking. John Argue has distilled information from his classes for Parkinsons patients into a comprehensive exercise program designed to help you improve flexibility, balance, gait, and communication. Over 100 photographs illustrate the exercises, which derive from yoga and tai chi techniques and theater movement skills. Techniques in the book encompass a variety of daily activities.

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