



Exercises for Being Mindfully: Mindfulness Practices for Persons with Parkinson s Disease

By Robert Rodgers

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...



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The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**

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