



SHAKEN NOT STIRRED Living with Parkinson's Disease is the story of a reluctant hero navigating the trauma of a life altering diagnosis After going through a long term debilitating stage of grief Linton emerges to find life worth living and enjoying again Read how simple changes Linton made to his daily life have improved his physical and mental health his happiness his life and the lives of his family members who stood bravely by as he waged his battle Despite the seriousness of the subject Linton shares inspiring stories and important information about Parkinson's Disease in a surprisingly entertaining and engaging manner SHAKEN.

NOT STIRRED: Living with Parkinson's Disease is the story of a reluctant hero navigating the trauma of a life-altering diagnosis. Read how simple changes Linton made to his daily life have improved his physical and mental health his happiness his life and the lives of his family members who stood bravely by as he waged his battle. Read how simple changes Linton made to his daily life have improved his physical and mental health his happiness his life and the lives of his family members who stood bravely by as he waged his battle. Shaken Not Stirred: Living with Parkinsons Disease Shaken not Stirred is a well written documentation of the way we Humans all too often mourn our lives in times of change even when letting go could be the best gift we give ourselves. Whether living with Shaken Not Stirred: Living with Parkinsons Disease Definitely recommend this book! Shaken Not Stirred: Living with Parkinsons Disease Larry's personal experience with Parkinson's is shared through this book in such a genuine candid and readable way. I'd recommend it to anyone diagnosed with Parkinson's or seeking to understand the journey his openness to share that there are tough times moments of Shaken Not Stirred: Living with Parkinsons Disease.

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