



## Exercises for Doing Mindfully: Mindfulness Practices for Persons with Parkinson's Disease (Paperback)

By Robert Rodgers PhD

Createspace, United States, 2014. Paperback. Condition: New. 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 Doing Mindfully is the Fourth Volume of the Parkinsons Recovery Mindfulness Series. Seven exercises and their long term implications for doing mindfully are introduced. Contents include: Mindful Driving, Make It Better, Breathe and Drink Water, Healing Touch, Leave No Trace, Use Your Non-Dominant Hand and Anonymous Acts of Kindness. Each mindfulness exercise is followed by an explanation of its deeper significance for persons who currently experience...

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