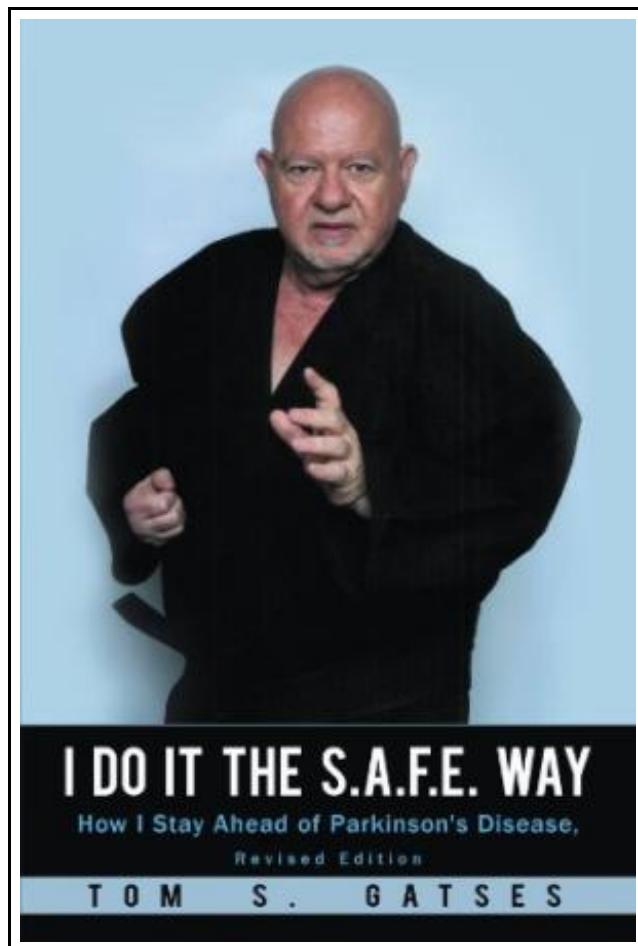


I Do It the S.A.F.E. Way: How I Stay Ahead of Parkinson s Disease, Revised Edition



Filesize: 6.09 MB

Reviews

This pdf can be worthy of a study, and a lot better than other. I am quite late in start reading this one, but better then never. You wont truly feel monotony at any moment of your respective time (that's what catalogues are for regarding in the event you check with me).
(Prof. Douglas Grady)

I DO IT THE S.A.F.E. WAY: HOW I STAY AHEAD OF PARKINSON S DISEASE, REVISED EDITION

[DOWNLOAD PDF](#)

iUniverse, United States, 2012. Paperback. Book Condition: New. Revised. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Tom Gatses was diagnosed with Parkinson's disease in 1999. Instead of allowing this disease to take over his body, he chose to fight his illness like he has learned to do all his life through Martial Arts. Tom had renal failure and was on dialysis for 18 months. This book is a personal reflection of Tom's triumphs and tells an easy to understand story along with giving key strategies to staying ahead of Parkinson's, as well as other ailments or debilitating diseases. This book exemplifies how the author stays focused on his positive attitude and daily living from the onset of his being diagnosed through years of struggling with P.D. as well as dealing with his family. This book describes how Tom has developed the S.A.F.E. way of living, through support from his family, relatives, friends and doctors. Also by having one of the greatest attitudes of living with this disease to having faith carry him through it all, and in exercising not only his body but his mind as well which actually improves his symptoms. After having Parkinson's disease for over 12 years Tom continues to remain in stage 1 of this progressive disease. He has a Masters degree in Health, Physical Education and Exercise Physiology. He is an exercise enthusiast and believes exercise is mandatory and essential to the human body. In the past 5 years Tom has had 50 procedures and operations for fistulas, catheters, a kidney transplant, etc. He also had MRSA 5 times in 8 months. Because of his positive attitude Tom not only beat the odds that were stacked against him, but he continues to bike, swim,....



[Read I Do It the S.A.F.E. Way: How I Stay Ahead of Parkinson's Disease, Revised Edition Online](#)



[Download PDF I Do It the S.A.F.E. Way: How I Stay Ahead of Parkinson's Disease, Revised Edition](#)

Related Kindle Books



The Red Leather Diary: Reclaiming a Life Through the Pages of a Lost Journal (P.S.)

Harper Perennial. PAPERBACK. Book Condition: New. 0061256781 Never Read-12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy-...

[Download Book »](#)



Read Write Inc. Phonics: Yellow Set 5 Storybook 8 Danny and the Bump-a-Lump

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 174 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

[Download Book »](#)



Things I Remember: Memories of Life During the Great Depression

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 203 x 142 mm. Language: English . Brand New Book ***** Print on Demand *****.Some Americans who were born and raised during the Great...

[Download Book »](#)



The Kurious Kid Presents: Baseball: Awesome Amazing Spectacular Facts Photos of Baseball

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Some of the most interesting Kids Books Online: Its a Children book for...

[Download Book »](#)



Childrens Educational Book Junior Vincent van Gogh A Kids Introduction to the Artist and his Paintings. Age 7 8 9 10 year-olds SMART READS for . - Expand Inspire Young Minds Volume 1

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 26 pages. Dimensions: 9.8in. x 6.7in. x 0.2in.Van Gogh for Kids 9. 754. 99-PaperbackABOUT SMART READS for Kids.

[Download Book »](#)



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to

[Download ePub »](#)



A Connecticut Yankee in King Arthur's Court

Bantam Doubleday Dell Publishing Group Inc, United States, 1994. Paperback. Book Condition: New. Reissue. 170 x 104 mm. Language: English . Brand New Book. When A Connecticut Yankee in King Arthur's Court was published

[Download ePub »](#)



Children's Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to

[Download ePub »](#)



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who

[Download ePub »](#)



Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!

Harriman House Publishing. Paperback. Book Condition: new. BRAND NEW, Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!, Mel McGee, Inspiring stories from some of the world's most

[Download ePub »](#)