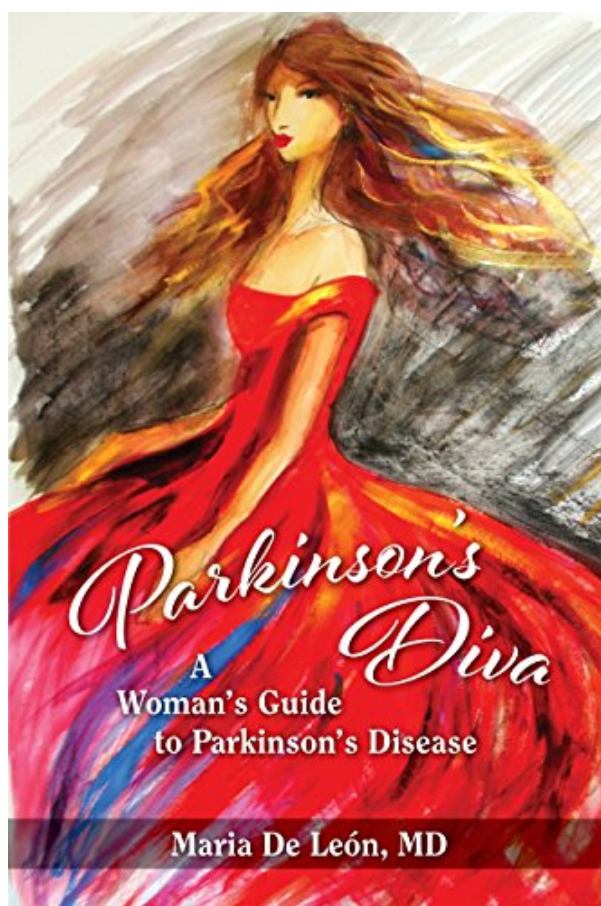
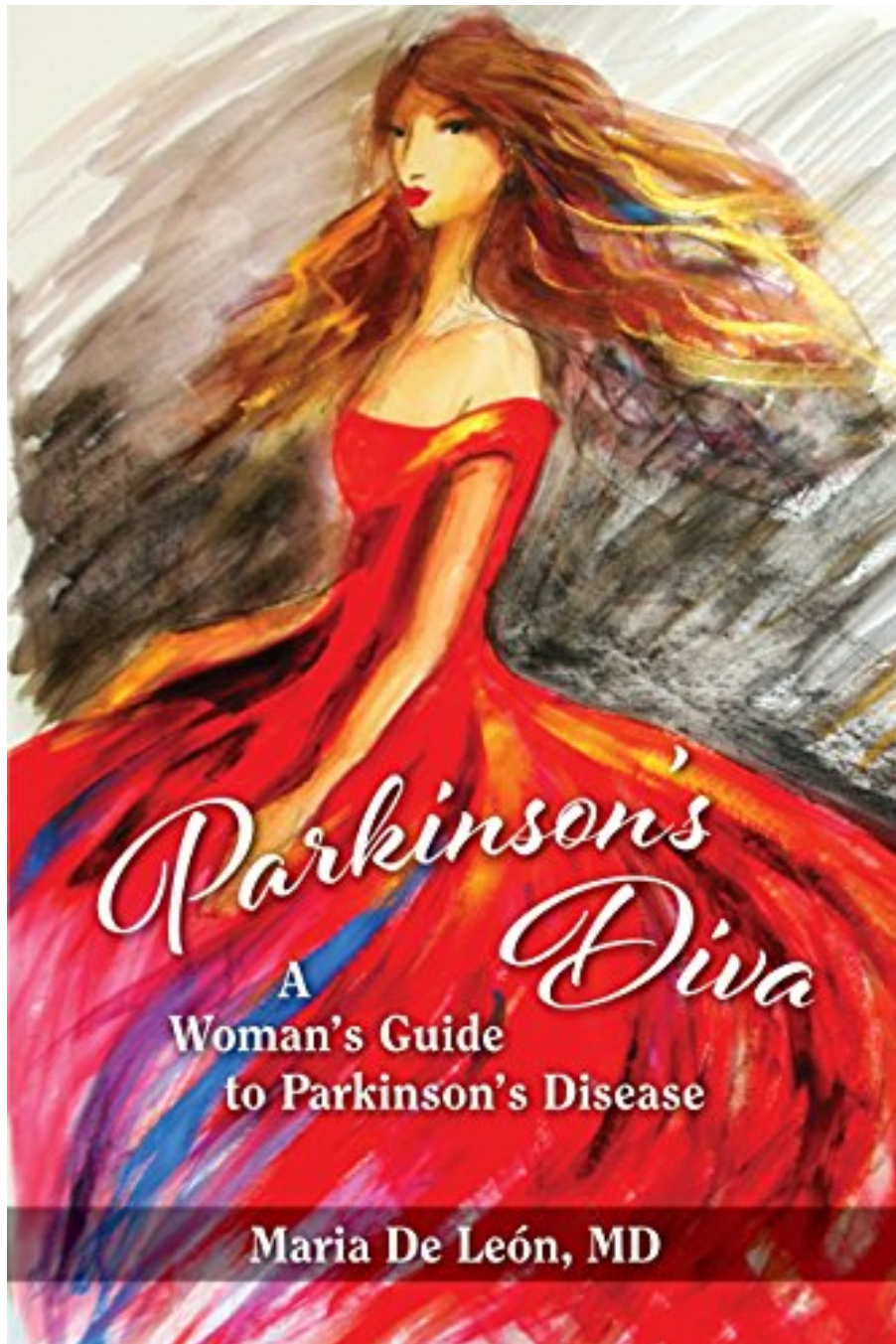


PARKINSON'S DIVA: A WOMAN'S GUIDE TO PARKINSON'S DISEASE BY MARIA DE LEON MD



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PARKINSON'S DIVA: A WOMAN'S GUIDE TO PARKINSON'S DISEASE BY MARIA DE LEON MD PDF

Parkinson's disease affects all sides of you: your inside, your outside, and your "right" side—that is, the side where you feel positive, balanced, and beautiful. How do you find that edge when you're not feeling very sharp at all?

Parkinson's Diva is a personal and professional accounting of a young Parkinson's doctor's experience with the disease in all realms of her life . . . from doctor, caregiver, and ultimately as a young Parkinson's patient herself.

Not only does Dr. Maria De León cover important basics of PD and research-based data, she also shares the personal concerns and gender-specific battles that young women who live with the disease must face. She encourages all of us to be empowered through education, self-awareness, and faith. This book is about embracing your own style and grace in your journey with PD . . . as Maria says "summoning your inner diva."

WORDS OF PRAISE FOR PARKINSON'S DIVA

"Dr. De León, a neurologist and Parkinson's patient herself, writes with great sensitivity and deep personal insight about issues of critical interest to all women with PD. She blazes the trail toward a better understanding of gender differences and makes an important contribution to the literature on Parkinson's disease."

– Diane G. Cook, Patient Representative Consultant, FDA; People with Parkinson's Advisory Council, Parkinson's Disease Foundation.

"Dr. De León writes with intelligence, compassion, unflinching honesty and practicality, but most importantly with positivity and faith. Parkinson's Diva is an informative and insightful book for women on how to live and live well with Parkinson's disease."

– Mya C. Schiess, MD; Professor of Neurology; Director UT MOVE

- Sales Rank: #367827 in eBooks
- Published on: 2015-07-02
- Released on: 2015-07-02
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5 of 5 people found the following review helpful.

This is an excellent book written with love and perfect understanding of the ...

By Amazon Customer

This is an excellent book written with love and perfect understanding of the disease from both perspectives; a

doctor who specializes in Parkinson's and a patient with PD- it is this fact that makes it so wonderful. Dr. De Leon touches so many topics, answers so many questions and gives expert advice. It is written in a way that is easy to understand from patient to patient but she also gives excellent medical data/information. I have read this book twice (and both times I laughed with her- she has a great sense of humor and awesome positivism). I found myself identified various times, I am glad she touched subjects that are not the easiest to talk about and that there is little or no information elsewhere. Makes me feel a little better - knowing I am not the only one that this things happen to and that I am not going crazy- yet! LOL!

She is honest in basically saying that yes this disease sucks because of the many symptoms but yet life is not over and we have the power to live our lives the best way possible! I have read so much since my diagnosis, and have not found so much useful information in no other place like the one I have found in Parkinson's diva book! This book is exactly as it reads- "a guide to Parkinson's disease" there is so much useful information such as medication info. I love the way she speaks about her relationship with her daughter, the recipes she gives us and most of all her love for chocolate!!!!

I recommend this book to every women living with Parkinson's disease and even caregivers and even men with PD.

4 of 4 people found the following review helpful.

Thoughts from a Person with Parkinson's (PWP)

By Janet Clark

I have had Parkinson's disease for over fifteen years and have read a tremendous quantity of books on the disease. Some books do not relate to the patient and many are not readable by a nonmedical person. I can tell you from personal experience that Dr. Maria De Leon's book is in a class by itself. She has covered the entire range of current thought and knowledge about Parkinson's disease in a professional but relatable way to the common man by using personal stories and humor.

2 of 2 people found the following review helpful.

so it is a great source of knowledge and encouragement to any woman or ...

By DRL

This book is packed with wisdom covering all topics relating to women with Parkinson's disease (PD) told from a doctor / patient point of view. It is written in an entertaining, interesting, professional and informative way and present much needed information on a seldom covered topic. Dr. Maria DeLeon delivers in an honest and nothing - is- off- limits style. Since she is a neurologist with PD , she is an expert in the field and has thoroughly researched PD and yet can relate to the patient's viewpoint through her own experiences. There are inspirational sayings throughout the book with loads of encouraging anecdotes. One of my favorites is " Live life as if a cure is already on the way"! Since I have MS, I found many of her suggestions very valuable to my own situation. I honestly can't think of any topic relating to PD that she didn't cover in this book.so it is a great source of knowledge and encouragement to any woman or caretaker living with PD.

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