



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

By Robert Rodgers Phd

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 Seeing Mindfully is the first Volume of the Parkinsons Recovery Mindfulness Series. Six exercises and their long term implications for seeing mindfully are introduced. Contents include: Vision Quest, Celebrate Light, Notice Trees, Notice Red, Notice Yellow and Notice Blue. Each exercise is followed up with an explanation of its deeper significance for persons who currently experience symptoms of Parkinson s disease....

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