

Movement Disorders - Book List (Nov 2018)

Author and Title	Price on Amazon
Parkinson's Books	
Ahlskog, Eric MD PhD: <i>The New Parkinson's Disease Treatment Book: Partnering with Your Doctor To Get the Most from Your Medications</i>	\$26.32
Andrews, Ann: <i>I Have Parkinson's: What Should I Do?</i>	\$18.95
Cason, Terry: <i>Power over Parkinson's: How to Live Your Best Life Even After Your Parkinson's Disease Diagnosis</i>	\$11.99
Christensen, Jacki Hunt: <i>The First Year---Parkinson's Disease: An Essential Guide for the Newly Diagnosed</i>	\$13.00
Cutter Mikkelson, Anne & Stinson, Carolyn J.: <i>Take Charge of Parkinson's Disease: Dynamic Lifestyle Changes to Put YOU in the Driver's Seat</i>	\$14.95
Lieberman, Abraham: <i>100 Questions & Answers About Parkinson's Disease</i>	\$4.03
Lieberman, Abraham: <i>The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson's Disease</i>	\$16.16
Marie, Lianna: <i>Everything You Need To Know About Parkinson's Disease</i>	\$11.62
Newsom, Hal: <i>HOPE: Four Keys to a Better Quality of Life for Parkinson's People</i>	\$12.00
Okun MD, Michael S.: <i>10 Breakthrough Therapies for Parkinson's Disease</i>	\$14.59
Okun MD, Michael s.: <i>Parkinson's Treatment: 10 Secrets to a Happier Life</i>	\$13.99
Palfreman, Jon: <i>Brain Storms: The Race to Unlock the Mysteries of Parkinson's Disease</i>	\$20.12
Parashos, Sotirios: <i>Navigating Life with Parkinson Disease (Neurology Now Books)</i>	\$13.39
Peterman Schwarz, Shelley: <i>Parkinson's Disease: 300 Tips for Making Life Easier, 2nd Edition</i>	\$12.24
Robb, Karl: <i>A Soft Voice in a Noisy World: A Guide to Dealing and Healing with Parkinson's Disease</i>	\$17.95
Tagliati MD, Michele; Guten MD, Gary & Home MA, Jo: <i>Parkinson's Disease for Dummies</i>	\$16.60
Teva Neuroscience: <i>Moving Forward: A practical guide to living with Parkinson's Disease</i>	\$9.46
Weiner, William MD: <i>Parkinson's Disease: A Complete Guide for Patients and Families</i>	\$16.09
Nutrition and Exercise	
Argue, John: <i>Parkinson's Disease & the Art of Moving</i>	\$22.85
Giroux MD, Monique L.: <i>Optimal Health with Parkinson's Disease: A Guide to Integrating Lifestyle, Alternative, and Conventional Medicine</i>	\$13.56
van Hulsteyn, Peggy: <i>Yoga and Parkinson's Disease: A Journey to Health and Healing</i>	\$15.85
Verrier, Renee Le: <i>Yoga for Movement Disorders</i>	\$19.95

Zid, David & Russell RN BSN CNOR, Jackie. <i>Delay the Disease- Functional Fitness for Parkinson's.</i>	\$19.95
Deep Brain Stimulation Surgery	
Chou MD, Kelvin: <i>Deep Brain Stimulation: A New Life for People with Parkinson's, Dystonia, and Essential Tremor</i>	\$14.40
Farris, Sierra M & Giroux, L. Monique: <i>DBS: A Patient Guide to Deep Brain Stimulation</i>	\$14.95
Memory loss and Lewy body dementia	
Ahlskog MD, Eric: <i>Dementia with Lewy Bodies and Parkinson's Disease Dementia: Patient, Family, and Clinician Working Together for Better Outcomes.</i>	\$34.04
Jordan, Betsy: <i>Going the Distance: Caring for a Loved One with Lewy Body Dementia</i>	\$11.95
Whitworth, Helen Buell: <i>Managing Cognitive Issues: in Parkinson's & Lewy Body Dementia</i>	\$22.95
Caregiving Resources	
Barg, Gary: <i>The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own</i>	\$4.48
Gangsei, Susan: <i>The Light in the Middle of the Tunnel: Harrowing but Hopeful Stories of Parkinson's Family Caregivers</i>	\$14.32
Lianna Marie: <i>Everything You Need to Know About Caregiving for Parkinson's Disease</i>	\$12.95
Meyer RN, Maria M.; Derr RN, Paula & Imke RN, Susan C: <i>The Comfort of Home for Parkinson's Disease: A Guide for Caregivers</i>	\$24.95
Scott, Kathryn Leigh: <i>Last Dane at the Savoy. Life, Love and Caring for Someone with Progressive Supranuclear Palsy.</i>	\$15.95
Silknitter, Scott; Emm, Vanessa; & Brennan, Robert: <i>Activities for the Family Caregiver: Huntington's Disease: How to Engage, How to Live</i>	\$13.95
Silknitter, Scott; Redhead, Linda; & Brennan, Robert: <i>Activities for the Family Caregiver: Lewy Body Dementia: How to Engage, How to Live</i>	\$11.81
Memoirs/Humor	
Clafin, Vikki: <i>Shake, Rattle & Roll With it: Living and Laughing with Parkinson's</i>	\$12.99
De Leon, Maria: <i>Parkinson's Diva</i>	\$19.99
Dunlap-Shohl, Peter: <i>My Degeneration: A Journey Through Parkinson's</i>	\$21.11
Fox, Michael: <i>Always looking up: The adventures of an incurable optimist</i>	\$19.01
Hultquist, Alan M.: <i>Can I tell you about Parkinson's Disease: A Guide for Family, Friends and Carers</i>	\$13.95
Little, Nan: <i>If I Can Climb Mt. Kilimanjaro, Why Can't I Brush My Teeth?</i>	\$17.95

McLendon, Mary Huston: <i>Everybody Has a Window and Aisle Seat: Choosing a Positive Approach to Parkinson's Disease.</i>	\$14.89
Montonen, Timo: <i>Who's Afraid of Parkinson's?</i>	\$23.90
Petrick, Ben: <i>Forty Thousand To One</i>	\$11.99
Ribaldo, Beverly: <i>Parkinson's Humor: Funny Stories about My Life with Parkinson's Disease</i>	\$14.99
Seale, Jan: <i>The Parkinson Poems</i>	\$14.95
The Parkinson's Creative Collective: <i>The Peripatetic Pursuit of Parkinson Disease</i>	\$35.00
Tobias, Sherri: <i>A Path Not Chosen: Notes from My Journey with a Chronic Disease</i>	\$10.99
Walsh, Evelyn: <i>Parkinson's Plus: A Woman's Struggle Battling Alien Movements</i>	\$12.99
Children's Books	
Ali, Rasheda: <i>I'll Hold Your Hand So You Won't Fall: A Child's Guide to Parkinson's</i>	\$26.28
Hultquist, A.: <i>A Day with Parkinson's</i>	\$13.26
Mathur, Dr. Soania: <i>Shaky Hands - A Kid's Guide To Parkinson's Disease</i>	\$14.99
May, Dawn: <i>Does It Hurt, Granny?</i>	\$15.14
Mood Issues	
Clark PhD, David A & Beck MD, Arron T.: <i>The Anxiety and Worry Workbook</i>	\$21.95
Gillihan, Seth J, PhD: <i>Cognitive Behavioral Therapy made simple: 10 strategies for managing anxiety, depression, anger, panic and worry</i>	\$11.74
Jones, Mark K. S.: <i>Cognitive Behavioural Therapy: 7 Steps to Freedom From Anxiety, Depression, and Intrusive Thoughts</i>	\$11.73
Knaus, William J.: <i>The Cognitive Behavioral Workbook for Depression</i>	\$24.95
Sleep Issues	
Ehrnstrom PhD, Colleen & Brosse PhD, Alisha L.: <i>End the Insomnia Struggle: A Step-by-Step Guide to Help You Get to Sleep and Stay Asleep</i>	\$16.36
Hauri, Peter & Linde, Shirley: <i>No More Sleepless Nights</i>	\$12.79
Jacobs, Gregg D. & Benson, Herbert: <i>Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed at Harvard Medical School</i>	\$12.20
Dystonia	
Truong MD, Daniel: <i>Living Well with Dystonia</i>	\$16.96
Huntington	
Thomason, Sharon McClellan: <i>Life Interrupted</i>	\$18.95
Valvano: James: <i>Blue and Purple: Poems from the Huntington's and Juvenile Huntington's Disease Community</i>	\$7.77

Restless Legs Syndrome	
Buchfuhrer MD, Mark J.; Hening MD PhD, Wayne; & Kushida MD, Clete A.: <i>Restless Legs Syndrome (American Academy of Neurology Press Quality of Life Guide Series)</i>	\$21.95
Tourette's disease	
Elliot, Marc: <i>What Makes You Tic?: My Journey From Tourette's To Tolerance</i>	\$14.95
Walkup MD, John T.; Mink MD PhD, Jonathan W.; & McNaught PhD, Kevin St.P.: <i>A Family's Guide to Tourette Syndrome</i>	\$21.95
Mind and Body	
Clarke, David D. <i>They Can't Find Anything Wrong!: 7 Keys to Understanding, Treating, and Healing Stress Illness.</i>	\$9.29
Kabat-Zinn PhD, Jon & Hanh, Thich Nhat. <i>Full Catastrophe Living (revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness.</i>	\$12.49
Kabat-Zinn PhD, Jon. <i>Mindfulness for Beginners: Reclaiming the Present Moment—and Your Life</i>	\$9.99
Sawatsky, Jarem. <i>Dancing with Elephants: Mindfulness Training for Those Living with Dementia</i>	\$16.20
van der Kolk MD, Bessel. <i>The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma</i>	\$19.00
Williams, Christopher, Carson Alan MD: <i>Overcoming Functional Neurological Symptoms: A Five Areas Approach</i>	\$34.95
Chronic Pain	
Darnall, Beth, PhD: <i>The Opioid free pain relief kit</i>	\$9.95
Keller, Eric & Schubiner MD, Howard. <i>Unlearn Your Pain, 3rd edition</i>	\$15.95
Sarno, John E. <i>Healing Back Pain: The Mind-Body Connection.</i>	\$11.25