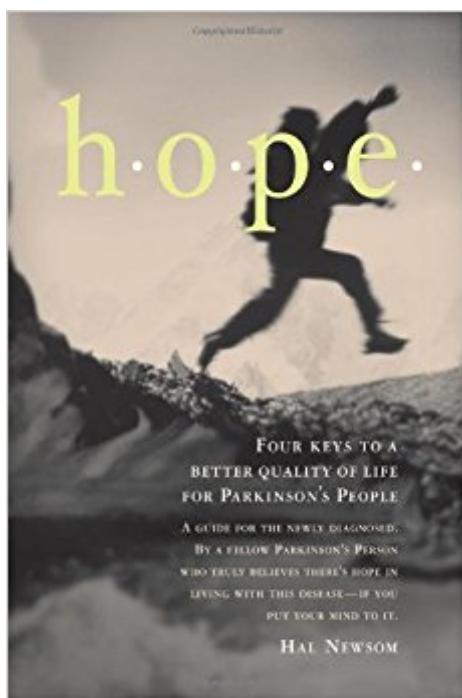


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# HOPE: Four Keys To A Better Quality Of Life For Parkinson's People



## **Synopsis**

This book is a book of hope for both the newly diagnosed Parkinson's Person as well as a helpful reminder to a better quality of life for those who have had the disease for many years. The writing is succinct and easy to read. Hal outlines the four basics of hope as 1) Help; 2) Optimism; 3) Physician; and 4) Exercise. His personal stories on these four points are candid and powerful. He has experienced some changes in his life as a result of Parkinson's but he remains positive, upbeat and full of vitality. He shares some personal guidelines he now lives by and offers some tips on how to on how to face the challenges that may lie ahead. This is not a lecture on what you should do but merely an insight into what is working for a fellow person with Parkinson's. This is an essential tool to improve one's quality of life for those living with Parkinson's

## **Book Information**

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## **Customer Reviews**

Hal Newsom retired from the advertising world at the age of 60, after spending 35 years writing television commercials, newspaper ads, and radio copy. He has always led an active physical life, filled with competitive sports and outdoor activities. At 66, he was diagnosed with Parkinson's Disease. Although slowed by Parkinson's, he has not let the disease diminish his zest for life. Today he hikes in the Washington mountains (not as high as before), downhill skis (except for moguls), jogs (at a snail's pace), and bikes the streets of Seattle (at no blazing speed). He shares his experience and attitudes with the hope that they will help provide insight and encouragement to others who are identified in this book as Parkinson's People.

This review is intended to summarize and give insightful opinions about Hal Newsom's book, HOPE: Four Keys to a Better Quality of Life for Parkinson's People and to help possible buyers determine if this is the right book for them. This book is a short, easy, and pleasurable read and would be an outstanding choice for a newly diagnosed person of Parkinson's disease (PD). I, not PD patient, initially read this book to help in a project I am doing on kinesia paradoxa. Kinesia paradoxa is a phenomenon stimulated to help decrease Parkinson patients' freezing of gait and shuffling incidents as their symptoms become much more advanced. This is not a book that is very beneficial for academia, which I discovered after I started reading, but rather just an inspiring book for those experiencing what Hal Newsom had when he was first diagnosed.---SYNOPSIS--- HOPE begins initially by describing the reasoning behind the book and describing the most common reactions people experience when they first hear the words "You have Parkinson's disease." He tells stories of real life individuals, the disbeliever, the pro activist, the acceptor, and the angry one, to help you relate to one particular individual. He emphasizes on the fact that your life will never be the same, but you can choose whether to let the disease control your life or not, and that you can successfully live with the disease. The remainder of the book is broken down into the four basic sections of Newsom's personal guidelines that has given him hope and helped him to enjoy a better quality of life: Help, Optimism, Physician, and Exercise. These clear defined sections allow Newsom to clearly communicate information and provide a smooth read for the audience. Each section also includes additional subheadings so there should never be a point within the book where you feel lost. The four sections spell out HOPE which all tie back to the goal of the book, to instill hope, so there is no confusion on the purpose behind this book. HELP Help focuses on the idea that you do not have to go through this alone and that you must be honest with yourself, your family and friends, and your coworkers. Newsome suggests having a Parkinson's partner that can be supportive and coach you through your troubles, but not a constant crutch or someone to give you pity and sympathy. He highlights the idea that "your chances of dying of natural causes are much greater than dying from Parkinson's disease" which constantly reminds him to have hope. He suggests that opening up to your family is key, and that this can be done via a simple letter or in whatever method suits you best. It is important to address any concerns initially and not to get defensive because you will not be able to hide that you are living with Parkinson's. He also suggests that you notify your boss of your condition, explaining to them how your work might be affected and what they should expect. Newsom describes that being open and honest from the beginning and knowing when to admit you need help makes living with the disease much easier. His final recommendation for help is to find a

Parkinson's friend or support group because someone is undergoing what you are and can share their first hand experiences to help you. **OPTIMISM** Optimism focuses on acceptance, and that your attitude plays a major role in your quality of life. You must stay positive and it is okay to reminisce on life before Parkinson's, but "you have to accept that your body will never be the same." A crucial key to successfully having optimism is to set goals, and stick with them even when it is tough, which in Newsom's case was to complete a 200-mile bike ride from Seattle to Portland. You must refuse to let Parkinson's beat you and keep staying positive. If you push off your goals till tomorrow, this will develop into a habit and you will lose all optimism. He concludes with a perfect summarization of this section by saying "commit to memory the good periods rather than bad, [and] you are well on your way to finding optimism in life. **PHYSICIAN** Physician concentrates on the importance of the physician's role in your quality of life. This physician must be a specialist in movement disorders and up to date with current and new medicines and treatment. You will develop a long-lasting bond of trust, and in order to successfully live with this disease it is a team effort between you and the physician. Newsom explains that it may take time before you find the perfect match, and this is normal for all newly diagnosed patients. In the end you are responsible for making it clear your concerns or problems, but the physician is the direct link to treatment and professional advice to improve your quality of life. **EXERCISE** The final key to hope is exercise. Newsom explains the importance of remaining active. You can choose what suits you best, maybe running or biking, but you must exercise to stay healthy, keep your muscles loose, and keep your mind active. He recommends starting gradually and slowly developing a routine because when exercise is allotted into each day, you are much less likely to miss your workout. It is important to stretch, remain hydrated, and keep your body and mind active in order to improve your quality of life with Parkinson's, but you must also know it is okay to take a break. You have the option to stay active and improve your quality of life or do nothing, which in the end will result in loss of strength, balance, and cause stiffness. These four keys make up hope and you can choose to accept that you have the disease. It is up to you to improve your quality of life and these suggestions can help you do so.---**OPINIONS ON SPECIFIC SECTIONS**---Although all sections of this book were enjoyable to read, I found the optimism and exercise sections to be the most appealing. I am not a PD patient and do not know anyone personally affected by the disease, but I found many of his suggestions in optimism and exercise could be applied to my life presently, not just a person suffering from PD.---**WHAT IS GOOD ABOUT THIS BOOK**--- Newsom tells personal stories to keep you engaged and understand that everything he has to share are just suggestions of what has worked for him and how he continues to have hope. These stories are very powerful and make the lessons much

more valuable. Even though I do not have PD, this book gave me hope for all of those that are suffering from the disease. He writes from the heart and truly cares about helping those living with the disease. He concludes the book by saying that "if this changes the life and gives hope to just one person who has Parkinson's, then I will consider this endeavor worthwhile" which summarizes up his attitude perfectly and I found to be a very powerful quotation.---WHAT IS BAD ABOUT THIS BOOK--- I have no complaints about this book. It was not what I had initially expected, but in the end I was very satisfied with my time spent reading HOPE.---INTERESTING QUOTES---"Your chances of dying from natural causes are much greater than dying from Parkinson's disease." (page 23)"Grandpa has a sickness in his brain that keeps him from smiling. He's really happy on the inside. He just can't show it on the outside." (page 28)"Enjoy the moment. Don't dwell on what's going to happen to you in the future." (page 57)"I wish I could say it's going to be fun and easy. I can say you're going to look and feel better. But there will be days when you don't want to face the rain and wind." (page 101)"Parkinson's is such a part of me that the inconveniences of the disease seem natural." (page 102)---RECOMMENDATION--- I would recommend this book to any individual that is looking to learn more about Parkinson's and dealing with the disease. The goal of the book is to instill hope, so any newly diagnosed person as well as a not so recently diagnosed person looking for the reminder of how to enjoy life would be ideal readers of this book. Parkinson's not only affects the patients, but also those around them including family, friends, and coworkers so this would also be a great read for someone that knows a newly diagnosed person.---SUMMARY OF REVIEW--- In summary, Hal Newsom's book HOPE: Four Keys to a Better Quality of Life for Parkinson's People, is a well written and organized book designed to help any individual whose life is affected by Parkinson's disease. Newsom shares powerful stories from his personal experience with PD to serve as a learning tool and actively keeps you engaged. As stated previously, this book is not for academia, but is a great choice for a pleasure read!

The book is addressed to person's with Parkinson's disease. It gives practical advise about how to handle selecting and working with a physician and other decisions made necessary by this disease. The author has Parkinson's disease and describes his philosophy and his experience from diagnosis to the present time. The author discusses ways to handle other family members with honest information. This book would be useful for anyone with Parkinson's disease but the most helpful for patients who have been recently diagnosed. The reader gains insights about having a quality life.

Anyone newly diagnosed with Parkinson's, those who have been struggling with it for years, caregivers and family members--all should read this book. (Others can benefit too; I picked up a valuable tip on improving my posture, which has deteriorated with advancing years.) Hal Newsom, drawing on his own experience, provides a practical guide to meeting and surmounting the many challenges that the Parkinson's person encounters. He writes clearly and concisely and is always constructive, never drifts into sentimentality. Truly, a book that offers hope.

Easy read with insight into the life of a Parkie and how they faced challenges

BRAVO for the encouraging book for those who are newly diagnosed with Parkinson's Disease. Unfortunately, I read too many discouraging books before finding this one -- and yet HOPE turned my attitude around.

How many times do you see a book that you think "if only it wasn't so big I'd read it!". This is not just a self help booklet that you read once and forget about. I find myself reaching for it to jog my spirits keep me moving ahead. It's a real treasure.

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Excellent book of advice for Parkinson patients and care givers. Chronicld the experience of a Parkinson sufferer and how he has delt with the condition.

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