



Parkinson's Disease: 300 Tips for Making Life Easier, 2nd Edition

Shelley Schwarz

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An indispensable resource for patients, families, and caregivers

Filled with creative tips and techniques, this updated second edition of *Parkinson's Disease: 300 Tips for Making Life Easier* contains a wealth of ideas and shortcuts for working, organizing, simplifying, and conserving time and energy while living with Parkinson's disease. It includes:

- Ways to make your home safe and accessible, your mealtimes more pleasurable, and your communications easier
- Unique product suggestions that make daily living tasks less stressful
- Extensive resources to help you easily locate items and services

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