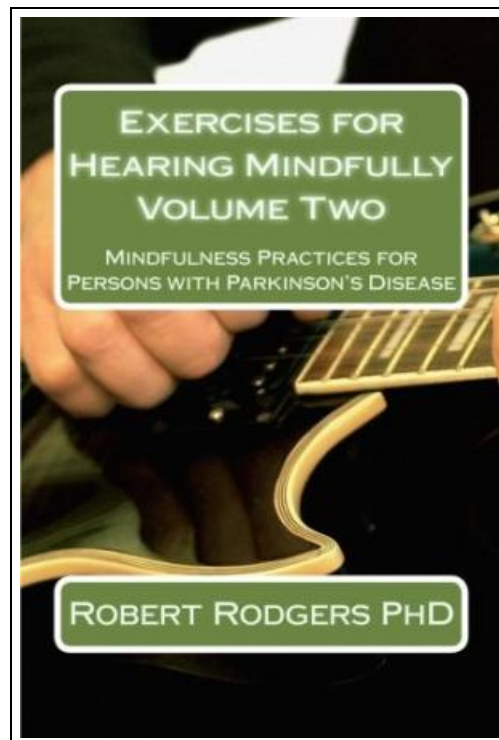


Exercises for Hearing Mindfully Mindfulness Practices for Persons with Parkinsons Disease Parkinsons Recovery Mindfulness Series Volume 2



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Reviews

Very good e-book and valuable one. It can be written in basic words and phrases and not confusing. You will not really feel monotony at whenever you want of your own time (that's what catalogues are for concerning should you check with me).
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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 38 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Stress is a primary instigator of symptoms associated with Parkinsons 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 Parkinsons disease reduce their stress levels by adopting a mindfulness practice. Once stress levels are well under control, symptoms of Parkinsons 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 Hearing Mindfully is the Second Volume of the Parkinsons Recovery Mindfulness Series. Four exercises and their long term implications for hearing mindfully are introduced. Contents include: Mindful Listening, Mindful Attention to Distractors, Notice Sounds and Hum Hu. Each mindfulness exercise is followed by an explanation of its deeper significance for persons who currently experience symptoms of Parkinsons disease. Among all of the factors that are implicated in causing symptoms associated with Parkinsons Disease the most critical is stress. When people experience stress, their symptoms get much worse. When stress levels are under control, their symptoms subside. Everyone who currently experiences symptoms of Parkinsons disease confirms the powerful link between stress and the presentation of their symptoms. The idea behind mindfulness is to become totally and completely present to each and every moment of our lives - to live in the present moment - not in the past or the future. Stress exerts an unrelenting pressure on our bodies when we slip into the past with our...



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