



# 10 Hemligheter Bakom Ett Lyckligare LIV Med Parkinsons Sjukdom (Swedish Edition)

*Michael S. Okun, Beata Ferencz*

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"Man skojar inte med Dr Okun om 10 hemligheter bakom ett lyckligare liv med Parkinsons sjukdom. Boken är en tillgång för patienter och anhöriga som blivit drabbade av Parkinsons sjukdom världen över och pratar olika språk men lider av samma symptom." -Muhammad Ali Jag har känt mig som mest ödmjuk i livet när jag har spenderat tid med patienter och deras anhöriga som lider av Parkinsons sjukdom eller andra neurologiska sjukdomar. Jag använder ordet ödmjuk då vi gång på gång, både genom personliga möten men även genom webbforumet, lyckats lösa enkla frågor som har förändrat människors liv. För några har det lett till att de kan gå igen. För andra har rösten återställts. Slutligen har det för vissa inneburit att depression, ångest, och det mörka molnet som skymt deras drömmar och möjlighet till lycka skingrat sig. Jag har aldrig tagit för givet att en drabbad eller en anhörig är medveten om "hemligheterna" som kan leda till ett lyckligare liv fyllt med hopp. Vi måste dela med oss av hemligheterna, det är det främsta målet med denna bok. Boken är översatt och tillgänglig på över 20 språk så att vi kan hjälpa människor världen över.

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