

Book Review by LOUD Crowd® Member Carol Brandle

TITLE: *Dealing and Healing with Parkinson's Disease and Other Health Conditions: A Workbook for Body, Mind, and Spirit*

BY: Angela and Karl Robb

Having a workbook to accompany the best-selling Parkinson's book, *A Soft Voice in a Noisy World*, provides an excellent wellness tool for individuals or group discussion. Questions in the workbook are closely paired with chapters in the book. Additionally, some questions shine light on new ideas, such as complementary therapies like Reiki, massage, acupuncture, and reflexology.

Karl Robb brings the same positive attitude, hope, and strength to this workbook as to his book, *A Soft a Voice in a Noisy World*. Exercises which reduce stress and reaffirm strength can be done as individuals or in communication groups, such as The LOUD Crowd® groups at Parkinson Voice Project. A caregiver or partner might use the questions to strike up meaningful conversation with the affected person, whether Parkinson's is the health concern, or some other health conditions. Either format will help you balance the connection between mind, body, and spirit.

It's apparent that Angela and Robb write from a wealth of experience as they direct questions to sensitive issues, such as "What are you willing to do to help yourself?" and creating a timeline to improve communication with a health care provider. Angela was honored in 2015 as a White House Champion of Change in Parkinson's Disease. She and Karl also author an award-winning blog, www.asoftvoice.com.