



Peace With Parkinson's: It's Called A Resting Tremor, Not An Earthquake.

Mark David Colo

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Like the layers of an onion, our upbringing, our peers, our society, the media and our own unique life experiences have encased each one of us in counterfeit layers of who we may think we are, how we think we should act and what we think we can and cannot do. Peace With Parkinson's is about ways in which counterfeit layers are created and remedies through which these layers can be removed. From the moment we awaken to the moment our head hits the pillow late at night, we are bombarded with nonstop turbulence in the form of media advertisements, school assignments, work issues, marital difficulties, dating dilemmas or perhaps time devoted to developing strategies to mitigate sibling quarreling within the home. The effects of life turbulence unlike air turbulence rarely include a pre-warning, life turbulence can come when we least expect it and can exact a heavy toll if left unaddressed. Life turbulence left unattended produces a condition known as layering. The sheaves we create around ourselves cloud our identity and manifest themselves in many forms. Pride, Anger, Revenge, Blame, Self-Pity, Depression, and Selfishness are only a few of the counterfeit layers than may bind us and hinder our progression. Whether it be the dawn, median or concluding years of our lives, pain and trials come to us all; it is how we face these challenges that will fill our lives with peace.

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Alan Coleman:

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Lawrence Sawyer:

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it only gives you straight forward sentences but tough core information with splendid delivering sentences. Having Peace With Parkinson's: It's Called A Resting Tremor, Not An Earthquake. in your hand like keeping the world in your arm, facts in it is not ridiculous one particular. We can say that no book that offer you world throughout ten or fifteen minute right but this book already do that. So , this really is good reading book. Hey there Mr. and Mrs. active do you still doubt that?

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