



## Exercises for Eating Mindfully: Mindfulness Practices for Persons with Parkinson s Disease (Paperback)

By Robert Rodgers

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Stress is a primary instigator of symptoms associated with Parkinson s 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 Parkinson s disease reduce their stress levels by adopting a mindfulness practice. Once stress levels are well under control, symptoms of Parkinson s 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 Eating Mindfully is the Fifth Volume of the Parkinsons Recovery Mindfulness Series. Six exercises and their long term implications for eating mindfully are introduced. Contents include: Eating Mindfully, Food Indulgences, Be Mindful of Your Stomach, One Bite at a Time, Pay Attention to Your Tongue, History of the Food We Eat. Each mindfulness exercise is followed by an explanation of its...



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