



# Power Over Parkinson's: How to Live Your Best Life Even After Your Parkinson's Disease Diagnosis

*Terry Cason*

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Terry Cason

I have Parkinson's Disease... but it doesn't have me. 10-11-12. That was the date that changed my life. It was the day that the first of seven neurologists confirmed my diagnosis at only 48 years old. I had Parkinson's disease. I thought my life was over. Here I was, a happily married father of three great kids and now I was going to be a burden. An invalid. Useless. But what I've learned over the last few years about this disease is that I can live a normal lifespan, and those can be good years. A lot of my disease pattern is within my control, and there are things that YOU can do too if you've been diagnosed with Parkinson's disease. Or maybe you're a caregiver, friend or loved one of someone who has Parkinson's. This book is also for you because you can be a fantastic advocate for the patient. There is so much to learn, and I've packed everything I know about this disease into this book.

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