

## READING LIST

### **For Parents:**

How to Help Children Through a Parent's Serious Illness  
By Kathleen McCue

We are not alone: Learning to live with Chronic Illness  
By Sefra Kobrin Pitzele

### **For Children:**

When someone has a Very Serious Illness (for ages 3-8)  
By Marge Heegaard

What's Wrong with Grandpa? (older elementary children)

My Mommy has PD...But It's okay! A guide for Young Children about  
Parkinson's Disease.  
By Jan Quist and available through [www.youngparkinsons.org](http://www.youngparkinsons.org)

I'll Hold Your Hand So You Won't Fall: A child's guide to Parkinson's Disease  
By Rasheda Ali

Who is Pee Dee? Explaining Parkinson's Disease to a Child.  
By Kay Mixson Jenkins and available through [www.whospeedee.com](http://www.whospeedee.com)

***Please turn over...***

**General interest:**

Living well with Parkinsons  
By Glenna Wotton Atwood

The Little Book of Stress Relief  
By David Posen

Anatomy of Hope: How People Prevail in the Face of Illness  
By Jerome Groopman

Lucky Man  
By Michael J. Fox

H.O.P.E.: Four keys to a better quality of life for Parkinson's people  
By Hal Newsom through [www.nwpf.org](http://www.nwpf.org)

Surviving Adversity: Living with Parkinson's Disease  
By Gord Carley available through [www.survivingadversity.com](http://www.survivingadversity.com)

Sex, Love and Chronic Illness  
By Lucile Carlton

Positive Coping with Health Conditions: A self care workbook  
Available through [www.comh.ca](http://www.comh.ca)

Feeling Good  
By David Burns

Strong at the broken places: Voices of illness, chorus of hope  
By Richard Cohen

Mastering the art of coping in good times and bad  
By Linda Edgar

Parkinson's Disease: Mind, Mood and Memory  
Available through the National Parkinsons Foundation

The Parkinson's Disease Treatment Book: Partnering with your doctor to the most of your medications  
By Dr. J. Eric Ahlskog

A guide to the Non-Motor Symptoms of Parkinson's Disease  
By Ron Postuma and Christos Galatas  
Available through Parkinson Society of British Columbia

**Websites:**

[www.youngparkinsons.org](http://www.youngparkinsons.org)

[www.parkinson.org](http://www.parkinson.org)

[www.parkinson.bc.ca](http://www.parkinson.bc.ca)

[www.relaxationemporium.com](http://www.relaxationemporium.com)

[www.nwfp.org](http://www.nwfp.org)