

# The Book Of Exercise And Yoga For Those With Parkinson's Disease: Using Movement And Meditation To Manage Symptoms By Lori A. Newell

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a comprehensive program specifically geared to those with Parkinson's disease. This book covers a wide range of movement therapies Lee's Go Set a Watchman

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Using Exercise, Yoga Lori Newell holds a Masters degree in Health Promotion/Exercise Physiology from Norwich University. She is an ASCM certified health and

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