



Exercises for Hearing Mindfully Mindfulness Practices for Persons with Parkinsons Disease Parkinsons Recovery Mindfulness Series Volume 2

By Robert Rodgers PhD

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 38 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Stress is a primary instigator of symptoms associated with Parkinsons 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 Parkinsons disease reduce their stress levels by adopting a mindfulness practice. Once stress levels are well under control, symptoms of Parkinsons 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 Hearing Mindfully is the Second Volume of the Parkinsons Recovery Mindfulness Series. Four exercises and their long term implications for hearing mindfully are introduced. Contents include: Mindful Listening, Mindful Attention to Distractors, Notice Sounds and Hum Hu. Each mindfulness exercise is followed by an explanation of its deeper significance for persons who currently experience symptoms of Parkinsons disease. Among all of the factors that are implicated...

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