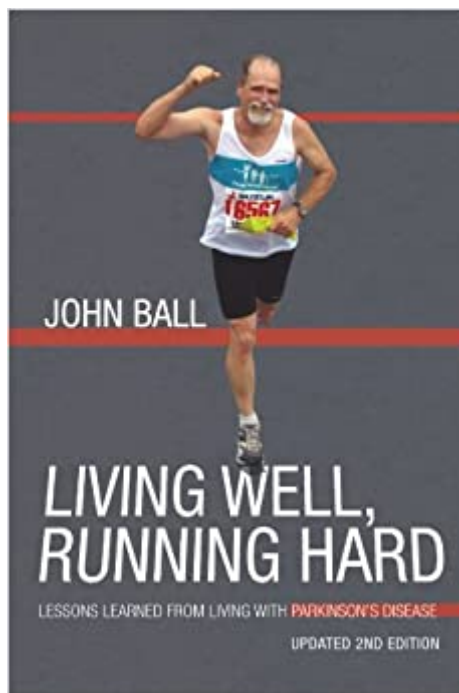




**Ebook Directory**  
the best source of ebook

The book was found

# Living Well, Running Hard: Lessons Learned From Living With Parkinson's Disease



## Synopsis

In 1983, John Ball was almost at a midpoint in his life—a time to assess the first half before he carried on with the second. It was then that he had to deal with the diagnosis of Parkinson's disease, just before he turned forty years old. In this memoir, Ball narrates his story of how he has lived with Parkinson's disease and how he has worked to create a better life for others struggling with difficult diagnoses and debilitating diseases. *Living Well, Running Hard* offers insight into Ball's growth from isolation into a leadership role in the Parkinson's community. His long struggle to understand the disease provides an in-depth look at the complexities of Parkinson's. Ball tells how his transition was triggered by a childhood desire to run a marathon and how his love of running, his desire to take action, and his willingness to take on challenges come together in the formation of Team Parkinson. In spite of his diagnosis, Ball has continued to run the Los Angeles Marathon each of the last fifteen years. Intimate and inspiring, *Living Well, Running Hard* communicates one man's story of perseverance and triumph.

## Book Information

Paperback: 208 pages

Publisher: iUniverse Publishing (July 18, 2007)

Language: English

ISBN-10: 1462014305

ISBN-13: 978-1462014309

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,236,287 in Books (See Top 100 in Books) #100 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease](#) #1738 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging](#) #10577 in [Books > Sports & Outdoors > Individual Sports](#)

## Customer Reviews

JOHN BALL has been a runner all his life. Since turning fifty, he has completed twenty-five solo marathons, one ultra-marathon, and several team efforts. He was diagnosed with Parkinson's disease in 1983 at age thirty-nine. Ball lives in southern California with his wife, Edna, and their Airedale terrier, Scrabble.

A very interesting book about a person who took that extra step beyond the boundaries set up for Parkinson's patients....

A truly inspirational story about one man's battle with Parkinson's and how he kept it at bay for more than 30 years.

I have Parkinson's Disease and this book gives me hope that I too can continue to do things I enjoy.

Living Well, Running Hard is an inspirational story of determination, positive attitude, and, most importantly, giving back to the Parkinsons Community. Highly recommend

My husband, age 67 with Parkinson's, spotted a mention of the author John Ball in his monthly Runner's Magazine. We "googled" John and found this book. Since my husband is a runner he related tremendously with John and was very uplifted by reading his book. This story stresses the benefits of both exercise and community in battling Parkinson's Disease. A good read, especially for anyone interested in running. I am not, but wanted to share the book with my husband. I'm glad I did as John is all about not only hope, but enthusiasm for life.

[Download to continue reading...](#)

Living Well, Running Hard: Lessons Learned from Living with Parkinson's Disease  
Cook Well, Stay Well with Parkinson's Disease - Super Foods for Super People with Parkinson's  
Living Well with Parkinson's Disease: What Your Doctor Doesn't Tell You....That You Need to Know (Living Well (Collins))  
Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2)  
A Parkinson's Primer: An Indispensable Guide to Parkinson's Disease for Patients and Their Families  
The Muhammad Ali Parkinson Center  
100 Questions & Answers About Parkinson Disease (100 Questions & Answers)  
Parkinson's Humor - Funny Stories about My Life with Parkinson's Disease  
Living Well with Migraine Disease and Headaches: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins))  
My Running Journal: Bubble Man Running, 6 x 9, 52 Week Running Log  
Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay)  
The Gum Disease Cure: How I cured Periodontal Disease in 2 months (Gum Disease Periodontal Disease Periodontitis Receding Gums)  
Kidney Disease: for beginners - What You Need to Know About Chronic Kidney Disease: Diet, Treatment, Prevention, and Detection (Chronic Kidney Disease - Kidney Stones - Kidney Disease 101)  
Delay the Disease -Exercise and

Parkinson's Disease (Book) A Marathon Is Really Long When You Have to Pee: And Other Lessons I Learned the Hard Way (The Life Lessonbook Book 1) Mark of the Grizzly, 2nd: Revised and Updated with More Stories of Recent Bear Attacks and the Hard Lessons Learned Mark of the Grizzly: Revised And Updated With More Stories Of Recent Bear Attacks And The Hard Lessons Learned Monk's Journey: A true adventuresome story of a boy overcoming hard knocks & adversity with possitive lessons learned The Stranger Comes at Sundown: Living and Dying with Parkinson's Disease Living With Parkinson's Disease: How to Make the Best of It 50 Shakes of Grey - Living With Parkinson's Disease

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)