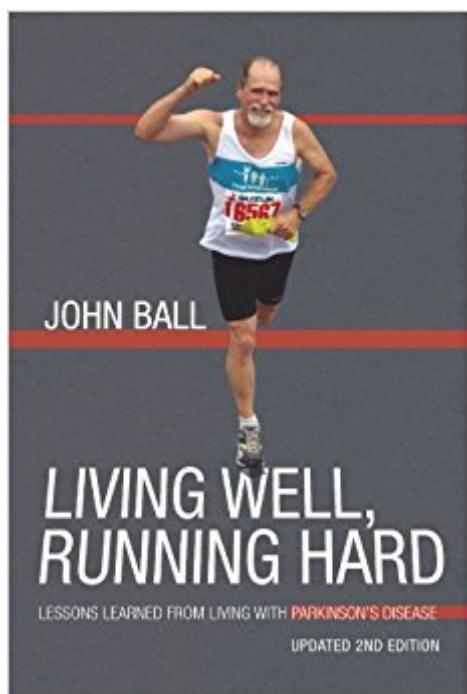


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# Living Well, Running Hard: Lessons Learned From Living With Parkinson's Disease



## 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

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## 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.

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