

LENDING LIBRARY

Just one of the many ways PAR provides education to its members is through our lending library. The library is organized by genre to assist members in finding materials that are right for them. Genres include: Living with Parkinson's, Books of Encouragement, Caregiving, Exercise, Nutritional and Healthy Living, Medically based Parkinson's, Parkinson's for Children, Legal Issues and MISC reference books, and a variety of CDs and DVDs. The PAR library has many Spanish materials, some to loan and others to keep for free. There are a variety of informational booklets that everyone is welcome to take home to keep.

PAR's media library continues to grow*.

All members are encouraged to stop by our office and look through our library. Members typically borrow materials for one month. If items are particularly popular, PAR will determine a shorter loan period in order for everyone to have equal access to our materials.

Highlighted – new additions

10 Breakthrough Therapies for Parkinson's Disease	Michael S. Okun, MD	2015
100 Question and Answers about Parkinsons Disease Second Edition	Abraham Lieberman, M.D.	2011
100 Questions & Answers About Parkinson's Disease	Abraham Lieberman, M.D.	2003
A Caregiver's Guide to Lewy Body Dementia	Helen Whitworth	2011
A Cry From the Clay	Ester Bender	1999
A Delicate Balance: Living Successfully with Chronic Illness	Susan Millstrey Wells	2000
A Lesson Before Dying	Ernest J. Gaines	1993
After the Diagnosis: From Crisis to Personal Renewal for Patients with Chronic Illness	JoAnn LeMaiste, PhD	1995
Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old	Deepak, Chopra, MD	1993
Always Looking Up: The Adventures of and Incurable Optimist	Michael J. Fox	2009
An Anthropologist on Mars: Seven Paradoxical Tales	Oliver Sacks	1995
Answers to Frequently Asked Questions in Parkinson's Disease	David L. Cram. M.D.	2001
As the Golden Years Lose Their Hue... Issues and Answers on Aging	Edmund J. Caffery	2001
At the Will of the Body: Reflections on Illness	Arthur W. Frank	1991
Awakenings	Oliver Sacks	1973
Be Prepared: The Complete Financial, Legal and Practical Guide to Living with Cancer, HIV, and Other Life Challenging Conditions	David S. Landay	1998
Beyond Chaos: One Man's Journey Alongside his Chronically Ill Wife	Gregg Piburn	1999
Blepharospasm and Related Disorders	Stephen L. Bosniak & Byron C. Smith	1994

Brain and Behavior: Coping with Parkinson's Disease	Joseph H. Friedman, M.D.	2008
Brain Longevity: The Breakthrough Medical Programs that Improves Your Mind and Memory	Dharma Singh Khalsa, MD	1997
Brain Storms: The Race to Unlock the Mysteries of Parkinson's Disease	Jon Alfreman	2015
Caregiver Handbook	DRCOG	
Caring for the Alzheimer Patient	Raye Lynne Dippel	1991
Caring for the Parkinson Patient	J. Thmoas Hutton	1999
Caring for Your Aging Parents	Kerri S. Smih	1994
Carolyn's Journey: From Parkinson's Disease to a Nearly Normal Life After Deep Brain Stimulation	Victor Anderson	2006
Clinical Evidence: The International Source of the Best Available Evidence	Barton	2000
Cook Well, Stay Well with Parkinson's Disease: Super Foods for Super People with Parkinson's	Kathryn Holden, MS, RD	2003
Courage Behind the Mask: Coping with Parkinson's Disease	Lucille Carlton and Dr. Robert E. Carlton	1992
Creative Caregiving	James R. Sherman	1994
CSI: Courageous Stories of Inspiration	Dave Dravecky, John Baumann, Robert Schuller, Ann Jillian	2012
Defending Against the Enemy: Coping with Parkinson's Disease	Eric Morgan, PhD	1997
Defying Despair: How One Man is Winning His Battle with Young Onset Parkinson's Disease - Feed the Mind, Train the Body, Nourish the Soul	Anthony Scelta, JR	2003
Denial of the Soul: Spiritual and Medical Perspective on Euthanasia and Mortality	M. Scott Peck, MD	1997
Diagnosis and Management of Parkinson's Disease	Cheryl H. Waters, M.D.	1999
Disability Evaluation Under Social Security	Social Security Administration	2003
Dystonia: The Disease That Distorts	Eugene Smith	1996
Eat Well, Stay Well with Parkinson's Disease: A Nutrition Handbook for People with Parkinson's	Kathryn Holden, MS, RD	1998
Facing Fear, Finding Courage: Your Path to Piece of Mind	Sarah Quigley with Marilyn Shroyer, PhD	1996
Faith and the Placebo Effect: An Argument for Self-Healing	Lolette Kuby	2001
Flying Lessons: On the Wings of Parkinson's Disease	Joan Grady-Fitchett	1998
Foty Thousand to One	Ben Petrick	
Fourth Edition Parkinson's Desease A guide for Patient and Family	Roger C. Duvoisin, M.D. Jacob Sage, M.D.	2013
From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and Put You in Control of Your Life	Lucinda Bassett	1995
Gifts from the Heart: A Collection of Stories that Touch the Heart	Melly Kinnard	1998
Heal the Hurt that Ruins Your Life - Discover and Heal the Inner Issues that Destroy Love and Sabotage Your Life	Bill Ferguson	
Healing the Brain	Curt Freed, M.D. and Simon LeVay	2002

Health Insurance Resources: Options for People Living with a Chronic Disease of Disability	Dorothy E. Northrop, MSW, ACSW and Stephen E. Cooper	2003
Health is Between Your Ears: Living with a Chronic Disease	Sved Andersen	2002
Healthwise for Life: A Self-Care Guide for Seniors	Kaiser Permanente	2003
Healthwise Handbook: A Self-Care Guide for You and Your Family	Kaiser Permanente	1999
Heart Smart: A Plan for Low-Cholesterol Living	Gail L. Becker, RD	1984
Heartbeats: A Book of Wisdom	Ron J. Flemming	1994
Helping Yourself Help Others	Rosalynn Carter	2004
Hiring Home Caregivers	Dr. Helen Susik	1995
Hope: Four Keys to a Better Quality of Life for Parkinson's People	Hal Newsom	2002
How to Care for Your Parents: A Handbook for Adult Children	Nora Jean Levin	1993
How to Protect Your Life Savings: From Catastrophic Illness and Nursing Homes	Harley Gordon	1994
How to Tame Parkinson's by Keeping Fit: My Total Commitment + the Right Personal Trainer	David H. Anderson	2005
I Am Not Contagious	Allison Smih-Conway	2012
I Just Want to Be Normal Again	Richard "Hap" Hazard	1993
In Sickness and In Health: Sex, Love and Chronic Illness	Lucille Carlton	1996
Insurance Solutions: Plan Well, Live Well - A Workbook for People with a Chronic Disease or Disability	Laura D. Cooper, ESQ	2002
It's All In Your Head: Living and Coping with Parkinson's Disease	Russell J. Ahlstrom	1999
Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul	Melody Beattie	1996
Life in the Balance	Grabos/Zheutlin	2008
Life Lines: A Patients Perspective on Life with Parkinson's Disease and Cancer	Anthony Edey	2000
Life Strategies: Doing What Works	Phillip C. McGraw	1999
Living a Health Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema and Others	Kate Lorig, RN, DrPH; Halstead Holman, MD; David Sobel, MD; Diana Laurent, MPH; Virginia Gonzalez, MPH and Marion Minor RPT, PhD	2006
Living Well with Parkinson's Disease: What Your Doctor Doesn't Tell You.. That You Need to Know	Gretchen Garie and Michael J. Church	2007
Living Well with Parkinson's: An Inspirational Informative Guide for Parkinsonians and their Loved Ones.	Glenna Lotton Atwood	1991
Living Well, Running Hard: Lessons Learned from Living with Parkinson's Disease	Jon Ball	2005
Living with Parkinson's Disease	Kathleen E. Biziere and Matthias C. Kurth	1997
Long Distant Caregiving	Angela Heath	1995
Love, Medicine, & Miracles	Bernie S. Siegel, MD	
Loving Each Other: the Challenge of Human Relationships	Leo Buscaglia	1984

Lucky Man	Michael J. Fox	2002
Mainstay: For the Well Spouse of the Chronically Ill	Maggie Strong	1997
Making the Connection Between Brain and Behavior, Coping withh Parkinson's Disease	Joseph H. Friedman, M.D.	2008
Managing Cognitive Issues in Parkinson's & Lewy Body Dementia	Whitworth & Whitworth	2015
Monkeys in the Middle	Nick Nelson	2008
More than a Mounatin	Lori Schneider	2012
Morrie: In His Own Words	Morrie Schwartz	1996
Multiple Sclerosis	Ronald S. Murray	2001
My Grandfather's Blessings: Stories of Strength, Refuge and Belonging	Rachel Naomi Remen, MD	2000
Nothing is Impossible: Reflections on a New Life	Christopher Reeve	2002
Nursing Homes and Getting Good Care There	Sara Greene Burger, Virginia Fraser, Sara Hunt and Barbara Frank	1996
One Day at a Time: An Inspirational Story	David Sloan	
Optimal Health with Parkinson's Disease	Monique L. Giroux, MD	2016
Parkinson's and the Art of Moving	John Argue	2000
Parkinson's Disease	Elaine Landau	1999
Parkinson's Disease A Self-Help guide	Marjan Jahanshahi and C. David Marsden, M.D.	2000
Parkinson's Disease and Constipation	Kathryn Holden, MS, RD	2000
Parkinson's Disease and Quality of Life	Lucien Cote, Lola L. Sprinzeles, Robin Elliot and Austin H. Kutscher	2000
Parkinson's Disease for Dummies	Michele Tagliati, MD	2007
Parkinson's Disease Home Medical Guides	David R. Goldman, M.D. and David A. Horowitz, M.D.	2000
Parkinson's Disease Methods and Protocols	M. Maral Mouradian, M.D.	2001
Parkinson's Disease Questions and Answers Second Edition	Robert Hauser and Theresa Zesiewicz	1999
Parkinson's Disease Questions and Answers, 4th Edition	Robert Hauser, Kelly E. Lyons, Rajesh Pahwa, Theresa A. Zesicwicz and Lawrence I. Golbe	2003
Parkinson's Disease, 300 Tips for Making Life Easier	Shelley Peterman Schwarz	2006
Parkinson's Disease, A Complete Guide for Patients and Families	William J. Weiner, M.D., Lisa M. Shulman, M.D. and Anthony E. Long, M.D.	2001
Parkinson's Disease, A Guide for Patients and Family, 5th Edition	Roger C. Duvoisin, M.D. and Jacob Sage	2001

Parkinson's Disease, A Self-Help Guide	Marjan Jahanshahi, M.D. and C. David Marsden, M.D.	2000
Parkinson's Disease, Questions and Answers, 2nd Edition	Robert Hauser and Theresa Zesiewicz	1997
Parkinson's Disease, Questions and Answers, 3rd Edition	Robert Hauser and Theresa Zesiewicz	2000
Parkinson's Disease, The Complete Guide for Patients and Caregivers	Abraham N. Lieberman, M.D. and Frank L. Williams, M.D.	1993
Parkinson's Disease, the Mystery, the Search and the Promise	Sue Dauphin	1992
Parkinson's Disease, The Way Forward	Dr. Geoffrey Leader and Lucille Leader	2001
Parkinson's Disease: A Complete Guide for Patients & Families	William J. Weiner, MD, Lisa M. Shulman, MD and Anthony E. Lang, MD, FRCP	2001
Parkinson's Disease: A Guide for Patient and Family	Roger C. Duroisin	1991
Parkinson's Disease: The New Nutritional Handbook	Dr. Geoffrey Leader and Lucille Leader	1997
Parkinson's Treatment: 10 Secrets to a Happier Life	Michael S. Okun, MD	
Parkinson's: A Personal Story of Acceptance	Sandi Gordon	1992
Passages in Caregiving	Gail Sheehy	2010
Peace, Love and Healing: Bodymind Communication and the Path to Self-Healing, an Exploration	Bernie S. Siegel, MD	1989
Peas, "Pills" and Parkinson's	Alice Crooker	2006
Pills, Bills and Parkinson's Disease: Coping with the On-Off Syndrome	Paul A. Luscome	2005
Planning for Long-Term Healthcare	Harold Evensky and Deena Katz	1994
Playing the Hand	Bryce TenBroek	1996
Preventing Falls, A Defensive Approach	J. Thomas Hutton, M.D., Ph. D	2000
Proud Hands Personal Victories with Parkinson's A Show of Hands	Teva Neuroscience	2007
Quantum Healing: Exploring the Frontiers of Mind/Body Medicine	Deepak Chopra, MD	1989
Saving Milly: Love, Politics and Parkinson's Disease	Morton Kondracke	2001
Self-Love, the Crown Jewel	Rebecca Emily Smith	
Senior Law Handbook	Colorado Bar Association and Denver Bar Association	2010
Sensible Self-Help for Parkinson's Problems	Edgar M. Nash	2004
Sex, Love, and Chronic Illness	Lucille Carlton	1994
Shaker Guy	Evan C. Henry	2006
Shaking up Parkinson's Disease, Fighting Like a Tiger, Thinking Like a Fox	Abraham Lieberman, M.D.	2002
Shaking Up Parkinson's Disease: Fighting Like a Tire, Thinking Like a Fox	Abraham Lieberman, MD	2002
Share the Care	Cappy Capossela	2004

Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness	Paul J. Donoghue, PhD and Mary E. Siegel, PhD	1992
Sleep Thief: Restless Leg Syndrome	Virginia N. Wilson	1996
Smart Ways to Stay Young and Healthy	Bradley Gascoigne and Julie Irwin	1992
Songbird, A Love Story: A Spiritual Adventure with Surprising Revelations	Hank Gilliam	2001
Stages of Senior Care: Your Step by Step Guide to Making the Best Decisions	Paul and Lori Hogan	2010
Success is the Quality of Your Journey	Jennifer James, PhD	1983
Surviving Adversity: Living with Parkinson's Disease	Gord Carley	2007
Tai Chi for Two: The Practice of Push Hands	Paul Compton	1989
Take Care	Beth Deckert	2007
Take Charge of Parkinson's Disease Dynamic lifestyle changes to put you in the driver's seat	Anne Cutter Mikkelsen with Carolyn Stinson	2011
Take It and Leave It: Aspects of Being Ill	Renate Rubenstein	1989
Taking Care of Aging Family Members	Wendy Lustbader	1994
The 36 Hour Day	Nancy L. Mace	1991
The Book of Exercise and Yoga for those with Parkinson's Disease	Lori Newell	2005
The Brain Wellness Plan	Dr. Jay Lombard and Cam Germano, RD, CNS, OLDN	1997
The Case of the Frozen Addicts: Working at the Edge of the Mysteries of the Human Brain	J. William Langston, MD and Jon Paltreman	1995
The Chronic Illness Experience: Embracing the Imperfect Life, Essential Support and Inspiration for People with Chronic Illness and those who Love Them	Cheri Register	1987
The Comfort of Home	Maria M. Meyer and Paula Derr, RN	1998
The Comfort of Home for Parkinson's Disease	Maria M. Meyer and Paula Derr, RN	1007
The Comfort of Home: Multiple Sclerosis Edition	Maria M. Meyer and Paula Derr, RN	2006
The Comprehensive Management of Parkinson's Disease	Andrea M. Cohen, M.D. and William J. Weiner, M.D.	1994
The First Year, Parkinson's Disease: An Essential Guide for the Newly Diagnosed	Jackie Hunt Christensen	2005
The Neurowriters' Guide To The Peripatetic Pursuit of Parkinson Disease	Parkinsons Creative Collective	2013
The Nursing Home Handbook	Ruth Davis, MSW, LNHA	2000
The Parkinson's Disease Treatment Book: Partnering with Your Doctor to Get the Most from your Medications	J. Eric Ahlskog, MD	2005
The Parkinson's Handbook	Dwight C. McGoon, M.D.	1990
The Parkinson's Handbook An inspiring, practical guide for patients and their families	Dwight C McGoon, M.D.	1990

The Patients Book: How to Survive in Today's Medical System	Sandra McCray and Diane Hartman	2000
The Road Less Traveled: A New Psychology of Love, Traditional Values and Spiritual Growth	M. Scott Peck, MD	1978
The Shared Experience of Illness: Stories of Patients, Families and their Therapists	Susch H. McDaniel, Jeri Hepworth and William J. Doherty	1997
Tough Cookies Don't Crumble	Scotland Gragg	2000
Traveling with Uncle Sid	Sid Levin	2001
Tuesday's with Morrie: An Old Man, A Young Man and Life's Greatest Lesson	Mitch Albom	1997
Understanding Parkinson's Disease, A Self-Help Guide	David L. Cram, M.D., Steven H. Schechter, M.D. & Xiao-Ke Gao, M.D.	2009
Understanding Parkinson's Disease A self-help guide	David L. Cram, M.D. Steven H. Schechter, M.D. Xiao-Ke Gao, M.D.	2009
Voices from the Parking Lot: Patients Insights and Perspectives	Dennis Greene, Joan Blessington Snyder and Craig L. Kendell	2000
What Patients Say: A Book About Life with Parkinson's Disease		2000
What Your Doctor May Not Tell You About Parkinson's Disease, A Holistic Program for Optimal Wellness	Jill Marjama-Lyons, M.D. and Mary J. Shomon	2003
Wheelchair Selection and Configuration	Rory A. Cooper, PhD	1998
When Grief Breaks Your Heart	James W. Moore	1995
When Parkinson's Strikes Early Voice, Choices, Resources and Treatment	Barbara Blake-Krebs. M.A. And Linda Herman M.L.S.	2001
When Parkinson's Strikes Early, Voices, Choices, Resources & Treatment	Barbara Blake-Krebs, M.A. and Linda Herman, M.L.S.	2001
When Things Fall Apart: Heart Advice for Difficult Times	Pema Chordon	1997
Who Moved My Cheese	Spencer Johnson, MD	1998
Why Michael Couldn't Hit: And Other Tales of the Neurology of Sports	Harold L. Klawans, MD	1996
Young Parkinson's Handbook, A Guide for Patients and their Families	American Parkinson Disease Assoc., Inc.	2008
Your Miracle Brain	Jean Carper	2000

CHILDREN'S BOOKS

Carina and Her Care Partner Grandma	Kirk Hall	
Carson and His Shaky Paws Grampa	Kirk Hall	2011
Comedy for Real Life: A Guide to Helping Kids Survive in an Imperfect World	Emily Oldak	1999
Gramps Has Parkinson's Disease	Patricia Reading	1995
Grandma Has Parkinson's Disease	Patricia Reading	1995
I'll Hold Your Hand So You Won't Fall: A Child's Guide to Parkinson's Disease	Rasheda Ali	2005
My Grandpa Has Parkinson's	Margaret Grant Evans	2006
My Mommy has Parkinson's Disease...But It's Okay!	Jan Quist	2001
The Tale of A Parkie Princess	Annie Konopka	2006
Understanding Parkinson's Disease: A Guide for Young People	Parkinson's Disease Society	

DVDS AND OTHER MEDIA

2011 East Coast Family Conference	CurePSP	2011
2011 West Coast Family Conference	CurePSP	2011
50Up! January 2013 Show	John Riggle	2013
ABC Primetime, Deep-Brain Stimulation	ABC News	2007
Activa - Deep Brain Stimulation, All About Activa DBS, Patient Experiences	Medtronic	2007
Activa Therapy: Gary, A Story of Hope	Medtronic	2003
Activities of Daily Living	John Argue	
All About Activa, Patient Experiences	Medtronic	2003
All About Activa, Patient Experiences	Medtronic	2003
An Afternoon with Janet Reno	Janet Reno	2005
Capturing Grace	Kikim Media Production	2013
Coping Strategies	European Parkinson's Disease Association	
Cure PSP, PSP: A Primer for the Newly Diagnosed	Foundation for PSP CBD and Related Brain Diseases	
Dance for PD at Home Volume 2	Mark Morris Dance Group	2013
Deep Brain Stimulation Therapy For Parkinson's Disease, Patient Education Video	Medtronic	2009
Diagnosis Parkinson's Disease: You Are Not Alone	Parkinson's Disease Foundation	2005
Every Victory Counts - Panel Discussion: Exercise and Parkinson's Disease	Davis Phinney Foundation	2010
Exercise Ideas for People Living with Parkinson's Disease	Bill Hillman, Teva	
Fall Safe & Exercises for Parkinson's	PAR	2006
Healthy Body Healthy Mind: Parkinson's Disease	Information Television Network	2006
Home Exercises for People with Parkinson's Disease	LSVT BIG Homework Helper	2012
LSVT 101: The Science and Practice of LOUD	Lorraine Olson Ramig	2011
Managing Parkinson's: Straight Talk and Honest Hope	Washington State Chapter of APDA	
Managing Parkinson's: Straight Talk and Honest Hope: A Comprehensive Guide to Maximizing Quality of Life in the Face of Chronic Illness	American Parkinson Disease Association	2005

Managing PSP, MSA, and Advanced Parkinson's Dease	CurePSP	2012
Men Are From Mars, Women Are From Venus	John Gray, PhD	1995
Parkinson Association of the Rockies	VMS	2010
Parkinson Science: Innovations and New Perspectives	Parkinson Disease Foundation	2009
Parkinson's Disease and the Art of Moving, Lessons 1-10	John Argue	2000
Patient/Caregiver Conference - 2012	The MSA Coalition	2012
Shake, Rattle, and Stroll	VMS	2009
Shaken: Journey Into the Mind of a Parkinson's Patient	None	2006
Sit and Be Fit	Mary Ann Wilson, RN	2010
Speech Exercises	LSVT Loud 2	
Stretching for Life: Challenging Parkinson's & Breathing Through Life's Challenges	A Stretching Life, LLC Production	2009
Tai Chi for Everyone	Christopher Anderl	2009
The Bridge at Midnight Trembles: A man called Richard. A disease called Parkinson's. An operation called Deep Brain Stimulation		2005
The Parkinson Care Series	Parkinson Foundation of the Heartland	
The Senior Gems: Your Guide to Supporting Family Members with Dementia	Senior Helpers	2011
Time for Healing	Catherine Regan	1994
Voice Aerobics Songbirds, Speech & Voice Exercises	Mary Spremulli MA	2010
Voice Aerobics, A Three-Part Workout	Mary Spremulli, MA	2010
Why Dance for Parkinson's Disease	Brooklyn Parkinson Group	2008
WPC Scientific Update: Parkinson Pipeline Umbrella	World Parkinson Umbrella	2014
Yo Tai	Liz Clark	2006