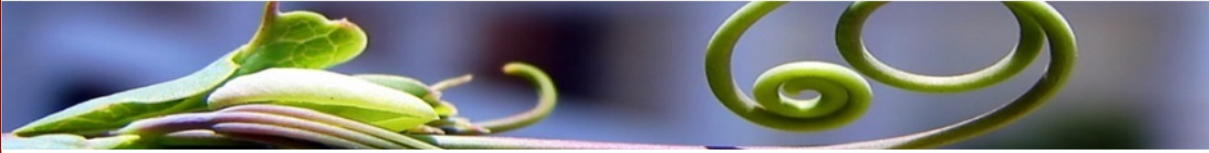


P A M E L A Q U I N N
movement consultant for people with
PARKINSON'S DISEASE



Dear friends,

Thank you for all of your responses to my ideas and suggestions for forward motion. I would like to share one response from Howard Patterson that highlights the positive shift in perspective that can be found in the act of helping others.



"My life has been remarkably better by "managing" this infirmity instead of "battling" it like I did in the beginning of the "journey." When I took my eyes off me and started focusing on others around me, PD started taking on a whole new dimension in my life. It hasn't been easy, it hasn't always been fun... When I quit asking "why" and started asking "what next; how do You want to use this disease in the lives of others?" the world took on a whole different perspective. Do I want to be healed of PD? Yeah, I really do!! But until the healing comes, I'm going to "manage" instead of "battle".



Thank you all,
Pamela Quinn
Visit my **website** for more
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