



Parkinson's Lite: the Laughable Side

By Marie Tomas Macioce

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Parkinson's Lite is a non-fiction funny book about a not-so-funny disease. It brings to light Marie and Pat, a married couple, who in an attempt to cope with Parkinson's, wind up switching roles. Pat, the retired cop accustomed to great Italian meals and lots of pampering to being the caretaker, maid, dog walker, and cook. The latter which he compares to an acute case of Shingles. We watch Marie slowly leave her independent self behind and become totally dependent on her exhausted, stressed out hubby, Pat. The story is real. The characters are real. The volatile, laugh-out-loud situations that arise are real. For instant: Arguing while he's helping her buck-naked body out of the tub. Fighting over an egg roll. Pat, never saying the right thing to assuage their arguments. It's inspirational as well, showing Marie's amazing progress and giving hope and lots of rainbows to those who suffer from Parkinson's and other debilitating diseases.

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Parkinson's Lite: the Laughable Side By Marie Tomas Macioce Bibliography

- Sales Rank: #3114206 in eBooks
- Published on: 2015-12-18
- Released on: 2015-12-21
- Format: Kindle eBook

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Editorial Review

Review

Star Rating: 5 / 5

Macioce's little memoir, *Parkinson's Lite*, is a quick and enlightening read. It is the story of one woman's coming to terms with having a chronic illness and learning to find humor even in the darkest of times. She first goes to the doctor for a cluster of symptoms she was at a loss to explain. Her first doctor gave the diagnosis of Parkinson's. Unwilling to accept that, she goes on to get several second opinions, ranging from Lyme disease to internal imbalances and back to Parkinson's.

With wry humor, Macioce bares her psyche to us. It can be very hard for people to talk about their own failings. She is stubborn, refusing to accept the diagnosis. She is a constant worrier, prone to making mountains of mole-hills and quick to assume the worst. Her journey with Parkinson's showed her that being fretful and pessimistic was emotionally draining. Being more optimistic and learning to laugh at oneself and conditions one cannot change made living with this chronic illness much easier.

As someone suffering from a chronic illness of my own, I can appreciate these lessons. I would highly recommend this book to anyone in similar circumstances as a valuable lesson that it is possible to thrive and be happy.

J. Aislynn d'Merricksson, Manhattan Book Review

About the Author

Marie is a columnist, humorist, novelist and screenwriter. She began her writing career working for local Brooklyn newspapers, *Courier Life* and *Brooklyn Graphic*. She was later syndicated by the United Features Syndicate, where she irreverently wrote tongue-in-cheek columns dubbed "The Brooklyn Bombeck." She and her husband, Patrick, a retired police officer, reside in Brooklyn, New York. They are the proprietors of an "on-line" wicker and jewelry business. In their leisure, they enjoy antiques and car shows.

Users Review

From reader reviews:

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Parkinson's Lite: the Laughable Side can be one of your beginner books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to set every word into pleasure arrangement in writing Parkinson's Lite: the Laughable Side nevertheless doesn't forget the main place, giving the reader the hottest in addition to based confirm resource information that maybe you can be among it. This great information can easily drawn you into fresh stage of crucial thinking.

Yolanda Matlock:

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