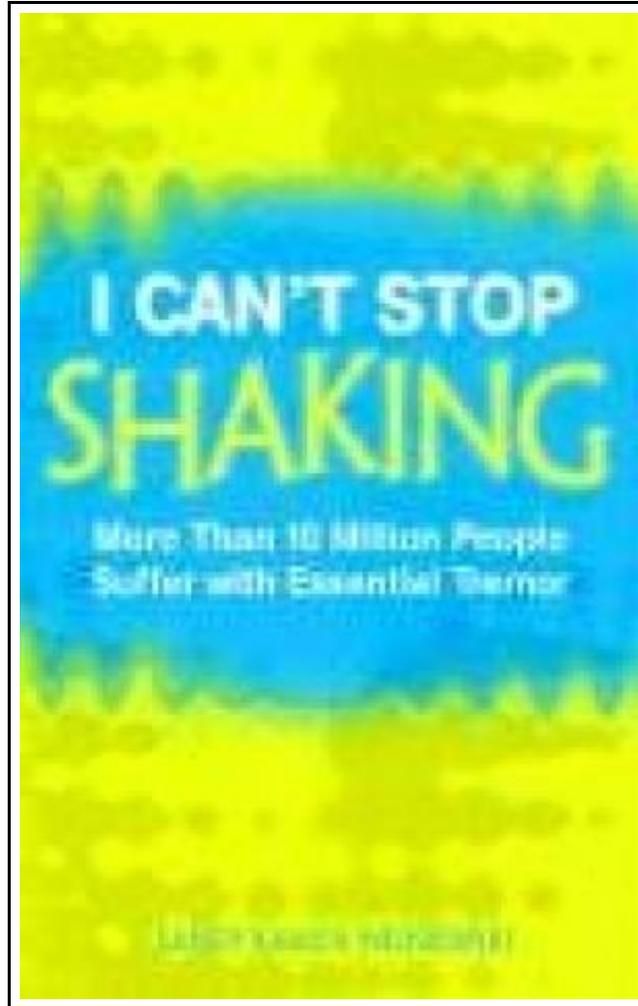


## I Cant Stop Shaking



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### ***Reviews***

*An incredibly great book with perfect and lucid reasons. It really is written in straightforward words instead of confusing. I am just very easily could get a delight of reading through a written pdf.  
(Curt Bogan)*

## I CANT STOP SHAKING



Dog Ear Publishing. Paperback. Book Condition: New. Paperback. 120 pages. Dimensions: 7.7in. x 5.0in. x 0.5in. I Cant Stop Shaking, Over 10 Million People are Affected By Essential Tremor, provides important medical information, tips on living with Essential Tremor, as well as personal accounts of people living with Essential Tremor. In the medical section Dr. Peter A LeWitt, a neurologist who sub-specializes in movement disorders, answers questions about Essential Tremor. Dr. LeWitt has been practicing neurology and been involved with Essential Tremor since 1980. Dr. LeWitt explains in simple terms what Essential Tremor is, how it affects people, and medical treatments for Essential Tremor. In the personal stories section people who have Essential Tremor speak candidly and openly about what life is like living with Essential Tremor. Each person has their own way of dealing with it, some with great optimism, others with equally great frustration. Readers who have Essential Tremor will no doubt see bits and pieces of themselves within these stories. There are also dozens of tips on better ways of living with Essential Tremor that will help the sufferer to better cope with their handicap. Some of the tips inside the book are: . Use an electric toothbrush. . Tell the people at your bank that you have ET . Use credit and debit cards instead of writing checks. . Use eating utensils that have large handles. . Use a 1 in. -deep dish that has vertical sides. . Hold your drinking glass in the palm of your non-dominant hand and steady it with your dominant hand. . Eat with the utensil pointing toward you with as much twist to your wrist as you can manage. Sandy Kamen Wisniewski was diagnosed with ET when she was 14 years old. During her childhood she hid her tremor by tucking...



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