

6. Michael J. Fox, Muhammad Ali and Others. Hearing from others with Parkinson's gives us a reality check, be it Michael J. Fox, Muhammad Ali, Kirk Gibson, Linda Ronstadt, or Ozzy Osbourne. Parkinson's makes no distinction between people who get this disorder, from famous movie/TV stars to the greatest athletes; this disorder knows no boundaries.

"When prescribing one of the drugs I take, my doctor warned me of a common side effect: exaggerated, intensely vivid dreams. To be honest, I've never really noticed the difference. I've always dreamt big." Michael J. Fox

"Parkinson's is my toughest fight. No, it doesn't hurt. It's hard to explain. I'm being tested to see if I'll keep praying, to see if I'll keep my faith." Muhammad Ali

"It's all about control. Control is illusory. No matter what university you go to, no matter what degree you hold, if your goal is to become master of your own destiny, you have more to learn. Parkinson's is a perfect metaphor for lack of control. Every unwanted movement in my hand or arm, every twitch that I cannot anticipate or arrest, is a reminder that even in the domain of my own being, I am not calling the shots. I tried to exert control by drinking myself to a place of indifference, which just exacerbated the sense of miserable hopelessness." Michael J. Fox,

With Parkinson's, it's like you're in the middle of the street and you're stuck there in cement shoes and you know a bus is coming at you, but you don't know when. You think you can hear it rumbling, but you have a lot of time to think. And so you just don't live that moment of the bus hitting you until it happens. There's all kinds of room in that space. Michael J. Fox, *Good Housekeeping*

"For everything this disease has taken, something with greater value has been given--sometimes just a marker that points me in a new direction that I might not otherwise have traveled. So, sure, it may be one step forward and two steps back, but after a time with Parkinson's, I've learned that what is important is making that one step count; always looking up." Michael J. Fox, *Always Looking Up*

"So what I say about Tracy is this: Tracy's big challenge is not having a Parkinson's patient for a husband. It's having me for a husband. I happen to be a Parkinson's patient." Michael J. Fox

"People with Parkinson's are not some weird people on the edge of human experience." Helen Mirren

"Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it." Michael J. Fox

"I have no choice about whether or not I have Parkinson's. I have nothing but choices about how I react to it. In those choices, there's freedom to do a lot of things in areas that I wouldn't have otherwise found myself in." Michael J. Fox

"We may each have our own individual Parkinson's, but we all share one thing in common. Hope." Michael J. Fox

"My life is so filled with positives and blessings, and so filled with things I wouldn't trade for the world." Michael J. Fox

"It's not a death sentence but it affects certain nerves in your body. You have a good day, a good day, then a really bad day." Sharon Osbourne, wife of Rock star Ozzy Osbourne

"They're my air, you know. I feel better. I've owned up to the fact that I have... a case of Parkinson's. And I just hope they hang on and they're there for me because I need them." Rock star Ozzy Osbourne

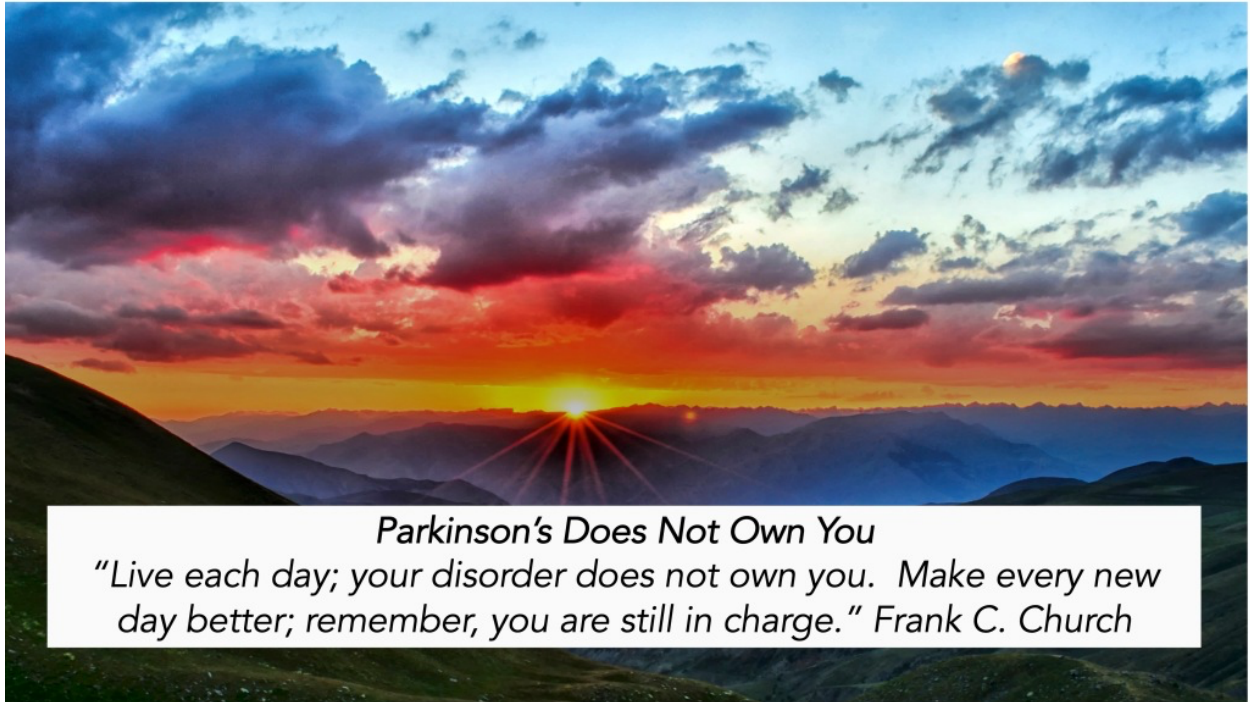
"No matter what science can do for people living with Parkinson's, we must prepare our brain and body to face all difficulties." Nikolas Koukoulakis "

"After I was diagnosed, I went on a rollercoaster of emotions, from the initial shock, to disbelief, despair, sadness, anger and resignation, until I finally became more resilient and positive." New Zealand-based author Robyn Cotton

"While I wouldn't wish a Parkinson's diagnosis on anyone, it has brought with it gifts that I'm truly grateful for." Author and blogger Jo Yaldren"

"Linda Ronstadt doesn't sing at all anymore — at least not in a way that her fans are able to hear. "I can sing in my brain," the 76-year-old explained when she recently sat down with TODAY's Maria Shriver. In 2013, after years of struggling with her vocals, Ronstadt was diagnosed with Parkinson's disease. However, she later learned that she actually had a Parkinson's-like disorder called progressive supranuclear palsy."

"Instead, Kirk Gibson counsels those with Parkinson's with the zeal of a missionary. "Always looking to find a way to make people feel much better about where they're at in life," Gibson says.



Parkinson's Does Not Own You

"Live each day; your disorder does not own you. Make every new day better; remember, you are still in charge." Frank C. Church