

# Essential Tremor: The Hand I was Dealt

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## Synopsis

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Essential tremor (ET) is a common movement disorder. It affects about four out of one-hundred people. Many of us have it but never seek treatment. Sadly, ET robs a person, stealing away, sometimes slowly and other times quickly, skill-based physical pleasures. For Greg, it first took his ability to fish, one of his great joys. Then it took his ability to hold a job. This is a hopeful, and helpful, audiobook. We tremble. We, tremblers, need help with some day-to-day tasks. However, when we decide to retake control of our lives we discover new joys. Greg lost fishing but picked up gardening.

Because people with essential tremors have other issues, we decided to add a section for each of the common issues with some helpful tips. If you tremble and have stress, anxiety, sleep problems, tinnitus, depression, or dizziness, this audiobook is for you. If you stammer, are embarrassed, and feel isolated, we offer suggestions to help. We hope people who live with a trembler will listen our book. It may help you understand your child, parent, partner or spouse. Helping tremblers is hard work for the trembler and the helper. Finally, we hope doctors, physician's assistants, and nurses, will spend two or so hours listening to our audiobook. You are essential partners with us. Thank you for choosing this audiobook.

# Reader's comments

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