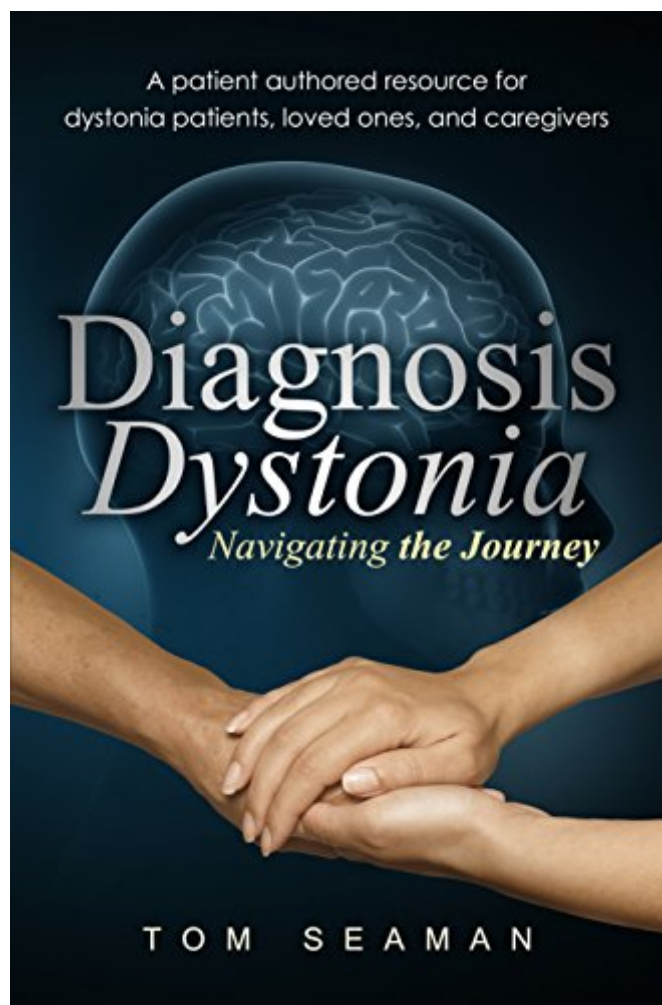


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# Diagnosis Dystonia: Navigating The Journey



## Synopsis

[Print version available at [www.diagnosisdystonia.com](http://www.diagnosisdystonia.com)] Diagnosis Dystonia takes you on a personal and educational journey full of valuable information for those newly diagnosed, as well as those who have been living with dystonia for years. Tom's perspective as a long time dystonia patient is invaluable, offering coping skills, healthy living strategies, and treatment options. He also provides practical information for emotionally adjusting to the diagnosis and subsequent lifestyle changes, and how to live in the world with something different. • Testimonials from other patients provide additional perspective. Having overcome significant challenges and moving past many obstacles, Tom's journey is nothing short of inspirational and motivating, demonstrating how anyone can rise from the depths of despair into a life full of hope, triumph, and joy. Tom now uses his experience and education as a certified professional life coach to help people with dystonia and other life challenges. Diagnosis Dystonia is a must read for patients, family, friends, caregivers, health care providers, researchers, and anyone who knows someone living with dystonia or other chronic health condition. Readers will benefit from the knowledge, wisdom, and experience Tom has gained through first learning to cope with dystonia and then improving upon the life he leads. This book will help others find their own path in pursuing life in which dystonia is not the focus, but a catalyst for finding better days.

**From the Author: Why this book?** There are not many books available on dystonia and most that are available were written by people who do not have dystonia. I felt there was a great need for a book from the perspective of patients, as our experiences are uniquely different than those who never walked a day in our shoes. This book provides readers with a wide window into life with dystonia through the eyes of those who live with this challenging condition. It is arguably the most comprehensive book currently available on dystonia, covering numerous issues we face on a daily basis and providing countless strategies for overcoming obstacles and living a productive life. My goal is to provide you with as much information possible to make your life with dystonia easier. This book need not be read from cover to cover. It is formatted so the reader can jump to chapters and topics of relevance and interest. Although this book centers on dystonia, much of the information can be applied to any health condition or other life challenge. It provides useful strategies and tools for any life circumstance.

## Book Information

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## Customer Reviews

Since so little has been written about dystonia, I was hopeful about this book. The author deserves credit for all the obstacles he's overcome, and gives a number of useful suggestions on a range of topics from advocating with your doctor, energy conservation tips, and using things like yoga and massage to improve quality of life. Reader, beware, though - the author includes pseudo-scientific statements based on theories taken from the 'law of attraction,' 12-step recovery programs, and the like. For example, the author questions what he might have done to "attract dystonia into his life". He also tends to generalize from his personal experience, suggesting that all those with dystonia have highly sensitive natures, as he does. There's a lot of good information to be found in this book, but you need to sort out the evidence-based from the subjective and unproven.

Many thanks to Tom Seaman for writing this book. Based on my dystonia journey since 2007, this book accurately describes dystonia and how life changes after the diagnosis of dystonia but with a positive open minded attitude, and learning how to do things differently with plenty of resting moments we are able to achieve accomplishments, just be prepared to take longer to complete these accomplishments. This book is very informative for individuals with dystonia, but I believe this book will help family and friends who know someone with dystonia understand why we must say no to some activities based on the type of day we are experiencing. Tom, this is an amazing accomplishment and I am grateful for the information you have provided. This book should help

provide people diagnosed with dystonia with ideas on how to minimize the symptoms. Without a reference like this when I was diagnosed, I learned by trial and error, much internet research which led me to the ST Clinic for stretching exercises and the annual ST symposium, both providing valuable info. Great book with valuable information, thank you.

I have Cervical Dystonia - this book should get 10 stars or 100! For over 30 years I've read read about Dystonia but this amazing book exceeds anything out there. Tom covers ALL aspects of Dystonia - the emotional, psychological, physical, social and even medical as much as is possible for someone who is not a doctor. This book should be absolute required reading in every school of Neurology in the country and even overseas; it's that important!! Please buy several - read one, give others to members of your support group, one for your public library and by all means give one to your doctor. SO few people really understand Dystonia, but this author does. Highly recommended!!!!!!!

This is the very best book on dystonia that I have found. Written by a patient and so well organized you can flip around to find the items you most want at a given time. I wish I'd ordered a paperback or hardback though because on my iPad I don't have the same ability to bookmark as I'd like. You will not regret even a penny of the cost of this fantastic book. Author is not only clear and concise but writes in a style anyone can understand. I have had several instances of correspondence back and forth with Tom Seamans, the author, and he is always gracious, patient and kind. Again, I have a lot of books about dystonia but this is the ONE I recommend all the time.

As a longtime patient with dystonia and advocate within the nonprofit world of Dystonia, and as one who has acted as a patient and as a nurse giving care to patients with all sorts of chronic illnesses, never have I read such a solid book about Dystonia as DIAGNOSISDYSTONIA. Let's face dystonia is not easy to live with 24/7. I was diagnosed in the early 1990s when absolutely few in the medical profession had ever heard of the disorder dystonia otherwise known as a : stiff neck, wry neck, loxis , spasmodic torticollis , the hysterical disorder etc. It took me, as a practicing RN, to self diagnose myself by sitting in the stacks of the University of Rochester Edward Minor Medical Library to find " symptom matches " that matched my own. Joking aside, I was called all sorts of names by physicians when I walked into their offices. Now a brand new book has written - Diagnosis Dystonia, well researched and thoroughly enhanced with the authors' own personal experiences with the disorder. This integration of professional information and personal day to day struggles with the

disorder is what makes this book so unique. It fits the bill for every Chronic illness, not just movement disorders such as essential tremors, dyskinesias, drug induced dystonias, secondary dystonias, but chronic pain, spasms, muscles disorders, cerebral palsy, fibromyalgia, CRPS, MS, addiction, mental illness etc. . All these disorders are somehow interconnected whether by misdiagnosis, emotions, pain, neuron miscommunication, loss, grief, day to day struggles . I highly recommend this book to ANYONE with a CHRONIC ILLNESS. A wealth of information for any patient and their family as chronic illness not only affects the patient but also affects family support and interactions. Well done Tom !

I found this book at the perfect time! I knew my diagnosis and had researched cervical dystonia until I was blue in the face however; I was not finding the answers I had hoped for. I heard about Tom's book and bought it not sure if it would be more of the same old information but I was desperate. I was pleasantly surprised to find a book written by someone who knew exactly what I was going through. The drug issues, the pain, the depression and confusion. Everything a person with a chronic pain disorder experiences. Tom's book is well written and easy for a person with limited medical background to understand! It is very obvious that Tom lives with and understands dystonia probably better than most doctors! If you are living with a chronic pain disorder I would highly recommend this book! A huge thanks to Tom for taking the time to help those of us who are looking for answers. :)

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