

Rich London

From: Richard London [rlondon=ahandbookforlife.com@mail218.atl101.mcdlv.net] on behalf of Richard London [rlondon@ahandbookforlife.com]
Sent: Wednesday, August 27, 2014 7:33 AM
To: =?utf-8?Q??=
Subject: A message from Richard London - I took a pie in the face

Bimonthly Newsletter from Richard London and A Handbook
for Life

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A HANDBOOK *for* LIFE

It's my pleasure to present you with this issue of my bimonthly newsletter. This complimentary electronic newsletter will provide you with hints and tips on how to deal with the obstacles and stressors in your life. I know that you will find it beneficial.

Richard London
www.AHandbookForLife.com

I Took A Pie In The Face for Parkinson's



You may have heard about the ALS ice bucket challenge. It's been all over the news and has gone viral in social media. The ALS Foundation has raised about \$50 million since late July through people taking a dare to pour ice water on themselves for charity.

That's phenomenal, but **there are more people with Parkinson's disease than with M.S., Muscular Dystrophy, and ALS combined.** So not to be outdone, the Parkinson's community has come up with Pie for Parkinson's. I finally gave in to the pressure and got slapped with a Publix chocolate crème pie this week. You can watch a video of it at www.ahandbookforlife.com/a-pie-in-the-face-for-parkinsons.

I then decided to stretch my fundraising efforts even further and here's how you can help. **I will donate 50% of the net proceeds on all book, CD, and DVD sales on my web site through September 30th to the Michael J. Fox Foundation for Parkinson's Research.**

So what can you get for your efforts? My book, *A Handbook for Life*, is a great guide for everyone to set and achieve goals and overcome obstacles. (A great gift for the student figuring out how to deal with the challenges in their life.) If you're not a reader, my DVD has two great presentations and bonus interviews that will encourage and uplift you. The audio CDs *10 Things Every Person with Parkinson's Must Know* and *10 Things Every Caregiver Must Know* are Parkinson's specific and packed with practical information.

Please help me raise funds for this degenerative disease that affects me

and 1.5 million Americans. Go to www.ahandbookforlife.com/store and order your book, DVD or CD today.

THANK YOU for your efforts to help yourself and others.

Warm Regards,

Richard London

www.AHandbookForLife.com

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