

Shaking Hands & Beyond Shaking Hands

Shaking Hands chronicles the life of a man, short in stature but huge in spirit, who grows from rebellious youth to successful teacher and athlete, representing his country numerous times on the world athletic stage, risking life and limb in extreme mountain biking and getting a black belt in karate in his forties. At forty-nine, the first signs of what were to be his greatest challenge for the next fourteen years, indeed the rest of his life, showed themselves, setting off a decision to not sit back idly and let Parkinson's disease defeat his warrior spirit.

Ride along as Nelson plans and executes his strategies to force back the onslaught of "The Darkness."

Nelson summons allies to support him in his battles and chronicles his encounters with his heroes who strengthen him daily.

"A light that will uplift and strengthen you against whatever 'Darkness' befalls you."

..."This book isn't just an inspiration for those suffering from Parkinson's, but a roadmap to guide family and friends whose lives have been indelibly altered by this disease."

"The true gift of Shaking Hands is not about the denial of death but rather about the love of life, including learning and taking risks when hope is in short supply. Hope, we learn, is not about cheating death but making life meaningful, especially for those we love. In the end, this book is not about Parkinson's, it's a love story about a man, his wife and his children – unvarnished, compelling and real."

-Thomas William Deans, PhD



"Nelson, what a powerful story. As a scientist in the field of medicine I have studied disease for many years. I found the description of your struggles and your successes in the battle against "the darkness" very helpful in understanding disease from the patient's perspective. I hope it will make me a better researcher, in the very least it will surely make me a more understanding person."

Having you and Tony attend my powerlifting competition this past June was great to see. I have been running my club for almost 20 years and I have realized that I do it, not for the numbers lifted, but for the relationships. I hope our paths cross again sometime. "

- Pascal Tyrrell

