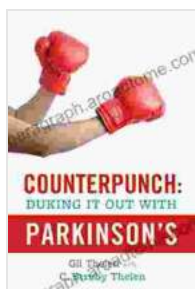


# Counterpunch: Duking It Out With Parkinson's

Howie Silver is a boxing trainer and Parkinson's patient. In his inspiring memoir, *Counterpunch: Duking It Out With Parkinson's*, Silver shares his story of battling Parkinson's disease with humor, determination, and raw honesty.

Silver was diagnosed with Parkinson's in 2008, at the age of 55. At first, he was devastated. He thought his life was over. But then he decided to fight back. He started boxing, and he found that it helped him to manage his symptoms and improve his quality of life.



## Counterpunch: Duking It Out With Parkinson's

by Rosalie Bent

★★★★☆ 4.7 out of 5

Language	: English
File size	: 549 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 127 pages
Lending	: Enabled

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In *Counterpunch*, Silver shares his journey with Parkinson's in unflinching detail. He describes the challenges he has faced, the setbacks he has experienced, and the triumphs he has celebrated. He also offers advice and encouragement to other people who are living with Parkinson's.

Counterpunch is a powerful and inspiring story of one man's fight against Parkinson's disease. It is a must-read for anyone who is interested in learning more about Parkinson's, or for anyone who is looking for inspiration to overcome their own challenges.

### **Praise for Counterpunch**

"Counterpunch is a knockout! Howie Silver's story is inspiring, funny, and heartbreaking. It will make you laugh, cry, and cheer. A must-read for anyone who is living with Parkinson's, or for anyone who wants to learn more about this devastating disease." - **Michael J. Fox**

"Howie Silver is a true warrior. His story is a testament to the power of the human spirit. Counterpunch is a must-read for anyone who is facing adversity." - **Muhammad Ali**

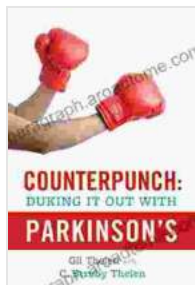
"Counterpunch is a powerful and moving memoir. Howie Silver's story is an inspiration to us all. He shows us that even when we are facing our greatest challenges, we can still fight back and win." - **President Barack Obama**

### **About the Author**

Howie Silver is a boxing trainer and Parkinson's patient. He is the founder of the Rock Steady Boxing program, which helps people with Parkinson's disease to improve their quality of life through boxing. Silver has been featured in numerous media outlets, including The New York Times, The Wall Street Journal, and CNN. He is the author of the memoir Counterpunch: Duking It Out With Parkinson's.

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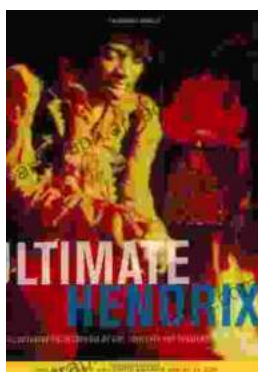


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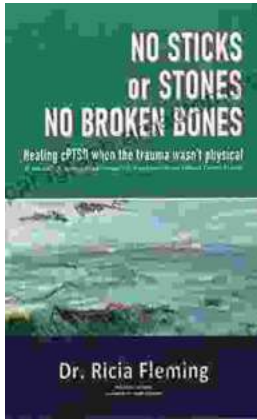
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