



## What Parkinson's Feels Like: artist with Parkinson's releases new illustrated book

A new ebook has been launched bringing to life what it feels like to live with Parkinson's, the world's fastest-growing neurological condition.

**What Parkinson's Feels Like** is a collection of powerful illustrations by Canadian artist Barbara Salsberg Mathews, herself diagnosed with Parkinson's in 2020, inspired by crowdsourced descriptions collected from people with Parkinson's worldwide. This free ebook was made in collaboration with the charity Parkinson's Europe, and is available to download on the [charity's website](#) in English, French, Italian and Spanish.

"This ebook is an example of community collaboration and inclusion," Barbara explained. "We asked people with Parkinson's what the disease feels like to them and received very vivid descriptions from dozens of people across ten countries."

Barbara developed the idea to create this book after she noticed that when people shared their Parkinson's diagnosis with family, friends and healthcare professionals, the reaction was often centred on a list of symptoms (such as hand tremor) rather than how their life had changed as a whole.

"But we are much more than our symptoms," says Barbara. "We are people with Parkinson's aiming to go about living

our best lives."

27 of the crowdsourced descriptions of Parkinson's ended up making it into the book, in the form of 22 illustrations, including a never-ending rollercoaster, a person trapped in a Salvador Dali painting, and a woman transforming into a werewolf. Barbara created the images using a mixture of watercolour, ink, acrylic paint, and Photoshop.

Larry Gifford, President of PD Avengers, explains how the images resonated with him as a person with Parkinson's:

"There's a puppet struggling to move under invisible strings, perfectly capturing that feeling of not being in control of your own body. Another piece shows someone mopping endlessly, a perfect metaphor for the way everyday tasks can feel like an uphill battle. These images aren't just about Parkinson's symptoms—they're about us as people trying to live our lives through this condition."

As well as raising vital awareness for what it's like to live with Parkinson's, the book is also fundraising for three Parkinson's charities: Parkinson's Europe, PD Avengers and Parkinson Canada.

"We're so grateful to Barbara for choosing Parkinson's Europe as her collaborator for this brilliant book," says Russell Patten, Director General of Parkinson's Europe.

"This ebook is a perfect reflection of the work we do: giving a voice to people with Parkinson's across Europe, and raising vital awareness about the condition."

Download [What Parkinson's Feels Like](#) on the Parkinson's Europe website. The book is free – all donations are welcome.