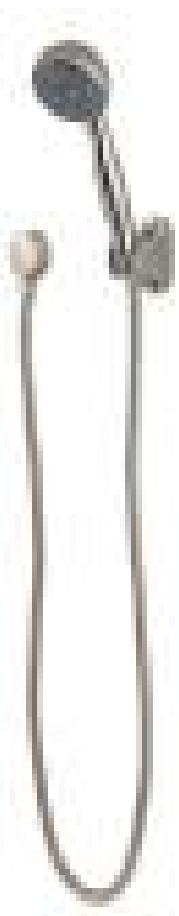


# Life Hacks for PD

Rae Kala Stier OTR/L



This Photo by Unknown author is licensed under [CC BY-SA](#).



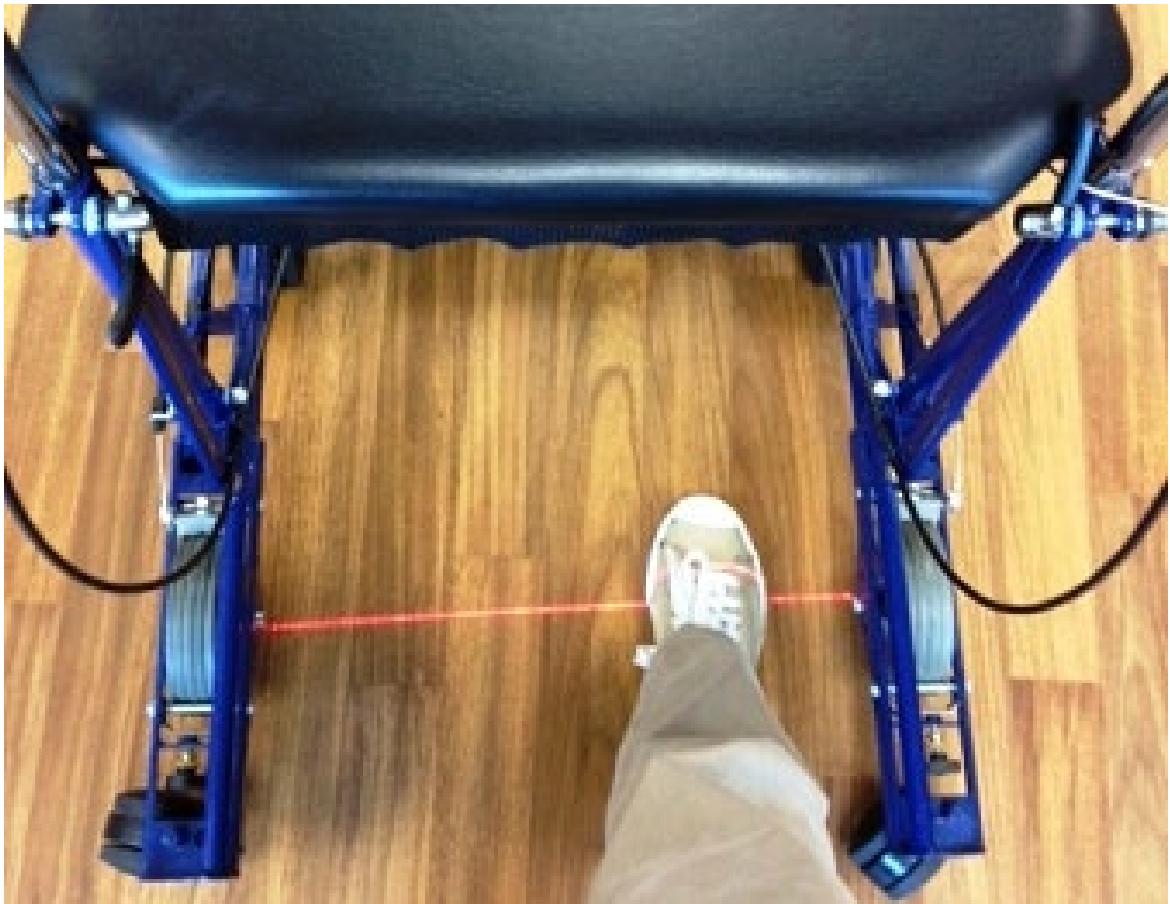








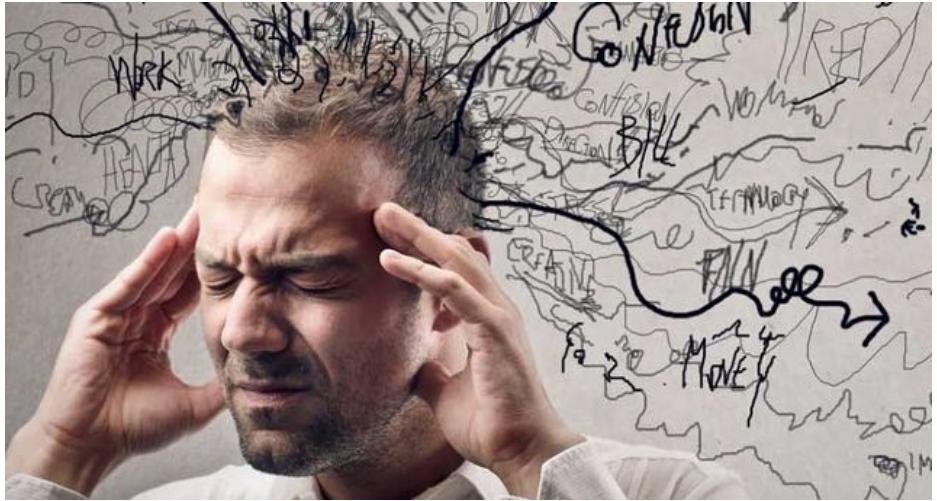






<https://www.youtube.com/watch?v=gXDMoiEkyuQ>

Gratitude Louie Schwartzberg TEDxSF



Pause  
Breathe  
Feel  
Welcome

