

ARE YOU RESILIENT?

Take a journey with Will to Louisiana where you'll learn about his cherished family traditions like enjoying Mardi Gras, hunting and fishing, eating homestyle Southern cooking, dancing to Bounce music and Zydeco — and you'll discover how Will learned how to bounce back by watching his mom, Mrs. Bayou, who bounces back from everything that young-onset Parkinson's disease has thrown at her.



A NOTE FROM WILL

"Thank you for joining me on this journey with my mom. She's strong and kind, and she's a dancer in her way. No matter how you move, keep moving in your own way, and remember never to stop dancing."

TYAISHA BLOUNT-DILLON is a passionate advocate for brain health and a nationally recognized environmental leader. She has been living with young-onset Parkinson's disease for 25 years, and she's transformed that personal journey into a powerful mission to help other families thrive. She's created initiatives that protect the planet, educate youth, and empower communities. Today, she leads The Thriving Brain & Development Project Inc. and she's developing NeuroSeeds, a one-of-a-kind education and wellness program that helps children and families grow strong minds and healthy bodies. Tyaisha lives in Georgia with her husband and son, and she believes that when we lead with love and learning, anything is possible — especially when we plant seeds of brain health literacy to grow stronger minds and brighter futures.

A portion of proceeds from the sales of this book will be donated to help people with Parkinson's.

\$15.95

