



## Getting started with The Book of Dopamine

Welcome to the basic tutorial on setting up a Book of Dopamine for your country!

### First the Webpage

Set up a webpage using any blog hosting platform to your liking. You don't know how it works? Usually the instructions on the platforms themselves are very easy to follow. You can also find quite a few video tutorials on the web or kindly ask someone who has computing and blogging skills for help.

Make sure that your website's address (url) at least includes the word *Dopamine*, to make it recognizable as part of the *Book of Dopamine* network.

Of course, you may design the page as you like, but please consider that most probably quite a few readers might not be used to using a computer. So, our only suggestion is, to keep the layout of your website as simple as possible.

You can copy our website menu:

**The book** (This is the actual book, where all stories can be found).

### The story behind the book

**Your contribution** (This is the area where people can submit their contribution to the book by using a simple contact form that is usually provided by the blogging platform. We have offered them to enter their story under a pseudonym, if they feel more comfortable with this option. We then check for mistakes or if we need to divide it into reader-friendly pieces (no more than 400 words).

**Parkinson's** (A short introduction to Parkinson's Disease for those, who are interested in background information).

**About us** (An introduction to those responsible for the site).

We have also prepared an English language header for you, which you can copy and adjust to your language, if you like. Also, we have a square version of the website banner, which we also invite you to use. Most importantly, please do not forget to set a link to our website: *Dopamin - Das Buch*  
<https://teamdopamin.wordpress.com/>

### Find authors and spread the word

Inform your Parkinson's support groups and associations on The Book of Dopamine once-in a-while and invite them to submit their stories. You can also prepare hand-outs and distribute them in doctor's practices, clinics, libraries, etc.

Set up support pages on social media sites. Here's the link to our FB page as an example:  
<https://www.facebook.com/teamdopamin/>

We have started a private facebook group, where the authors can meet and share their ideas.

Introduce small supporting activities, like topics of the month or vote for the most favourite Dopamine Song.

### Make the book known outside of the Parkinson's world

This is probably the most difficult part of the project. Members of the Parkinson's community love to read the book, as it showcases authentic stories on all the different ways of dealing with PD in daily life brought together in one convenient spot. But how to reach out to the public?

Well, call up the media. Radio, TV, printed press. Start with medical magazines, local and regional media, and collect references. Find influential partners or testimonials. And don't give up!

## Share your experiences

It would be fabulous to learn about your experiences with The Book of Dopamine. We invite you to send an email or join the Dopamine Global Facebook page, where you can share ideas and experiences or organise joint activities with other hosts of The Book of Dopamine.

## Some extra goodies for you

We have translated some of the paragraphs from this website that we felt might be useful to you. These are only suggestions to help you get started, so please feel free to modify the text or write your own.

## The Idea behind *The Book of Dopamine*

For us people with Parkinson's, Dopamine is the material our dreams are made of.

In *The Book of Dopamine*, however, we do not only want to talk about our dreams, we also want to portray the daily life we live with this chronic disease.

It is a book, written by many patients and family members, that gives the reader insights into our diverse ways of dealing with Parkinson's Disease. People who are at the beginning of their illness as well as those, who have been affected for years, report on their experiences and feelings. Women and men present their gender-related problems, young and old show their age-related strengths and weaknesses. But, also funny and serious, sad and happy experiences with PD are described and discussed.

Are you yourself affected, a relative, friend or from the therapeutic area and would like to share your personal experiences with Parkinson's Disease? We are happy to receive your contribution to this book!

## The History of The Book of Dopamine

Chris and May, both from different parts of Germany, separately supported the first #UniteForParkinson's Campaign in 2017. When they noticed that they both seemed to be the only longer-term social media supporters from Germany, they decided to join their creative forces and make Parkinson's Disease and especially the various complex forms that it can take, better known to the German public. What is the best way to accomplish this task, than by making the voices of those people heard who deal with Parkinson's themselves? Thus, the idea of the online book was born and the success and wide national reach of The Book of Dopamine rewarded the team's strong commitment to this initiative.

They are both very excited to see how quickly the book is catching the attention of likewise affected people from other countries and hope that their idea will find followers and engaged people who start a Book of Dopamine in their own country.

To be honest, Chris and May are still struggling for more public attention in Germany, but with the energetic support of their fellow Parkinson's patients, they will not give up until they have reached their goal.


We wish you all good luck with your *Book of Dopamine!*

*Christoph and May, #teamdopamin*

Dopamin – Das Buch

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TEAM  
  
DOPAMIN