



## books for people living with dementia

Title	Author	Year	Description
Aging Together	Susan H. McFadden and John T. McFadden	2014	This book proposes a radical reconstruction of our societal understanding of old age. Rather than categorize elders based on their respective cognitive consciousness, they contend that the only humanistic, supportive, and realistic approach is to find new ways to honor and recognize the dignity, worth, and personhood of those journeying into dementia. This inclusive vision calls for social institutions, especially faith communities, to search out and build supportive, ongoing friendships that offer hospitality to all persons, regardless of cognitive status.
Be Laughter	Laura Gentry		Laughter is the best medicine and you can get a daily dose with this easy-to-use resource. Center yourself in the morning with yogic breathing and laughing alone. Then, invigorate at noon with a laughter dance party. Finally unwind at bedtime with a relaxing meditation called yoga nidra. Together, this 75 minute program is a do-it-yourself laughter makeover that will help you not just enjoy laughter but actually be laughter.
Dancing with Dementia	Christine Bryden	2005	This book is a vivid account of the author's experiences of living with dementia, exploring the effects of memory problems, loss of independence, difficulties in communication and the exhaustion of coping with simple tasks. She describes how, with the support of her husband Paul, she continues to lead an active life nevertheless, and explains how professionals and care partners can help.
Dancing with Rose: Finding Life in the Land of Alzheimer's	Lauren Kessle	2006	To better understand this debilitating condition, Kessler enlists as a bottom-of-the-rung caregiver at an Alzheimer's facility and learns lessons that challenge what we think we know about the disease. A compelling, clear-eyed, and emotionally resonant narrative, Finding Life in the Land of Alzheimer's offers a new optimistic look at what the disease can teach us and a much-needed tonic for those faced with providing care for someone they love.

Don't Bury Me... It Ain't Over Yet	Charles Schneider	2006	Former Policeman and current Fireman, at the age of 52 learns that he is in the first stages of Early Onset Alzheimer's disease. In this book Charles shares how he prepared himself and his family for his impending decline. This book offers inspiration to those living with AD, and anyone who recognizes and finds encouragement in knowing that everyone struggles in life—some even struggle with dialing a long-distance phone number. It is not just a story about Alzheimer's; it's a story about overcoming the many obstacles in life.
Family Meals: Coming Together to Care for an Aging Parent	Michael Tucker	2010	Family Meals is a beautifully told memoir that explores the meaning of family and examines the sacrifices we make for those we love. Exploring issues of death, dementia, and the difficult choices associated with caregiving, readers explore the experience of one family, which had been a loose network of individual strands, becoming a unit. It's all very Italian!
Finding Hope When Dreams Have Shattered	Ted Bowman	2001	Here are stories about how people have found hope in the face of tragedy and loss. The author has added a commentary or reflection to many of them.
From AA to AD, A Wistful Travelogue	Michael Donohue	2009	This is a story of my journey, about my paying the dues to qualify, about the tools of AA explaining how they are the key to abstinence and to a better life. It discusses the tool at work in my life and finally with acceptance AD. I examine the spiritual and mystical qualities that are at work seen through the eyes of a Christian, a Jew, and a Buddhist. These experiences have opened my mind to the deeper consequence of living.
I Still Enjoy a Good Laugh - A Guide for the Journey Through Alzheimer's Disease	Sharon Gregoire	2009	This workbook provides people diagnosed with Alzheimer's Disease to a place to record their hopes, fears, wishes and preferences about the future as a means of preserving a sense of self when faced with the master thief of identity. This book will initiate conversations about how caregivers and loved ones can work together to remain engaged, involved and connected to friends and family.
Laughter Therapy: How to Laugh About Everything in Your Life that Isn't Really Funny	Annette Goodheart, Ph.D.	1994	Laughter Therapy is a two-part book. Part one is a theoretical framework for understanding laughter and other forms of catharsis. Included are case studies and examples of laughter. Part one and two are liberally sprinkled with appropriate quotes. Part two contains 25 ways to help yourself laugh and how to relearn to laugh without ridicule in order to maximize healing and connection with ourselves, each other and the universe.
Lewy Body Dementia: Causes, Tests and Treatment Options	Adam Wainwright, M.A.; Erick Stevenson, M.D.; and Deanna R. Miller, R.N.	2012	In this book, the authors provide the reader with an abundance of information that is easy to understand and can be applied to the lives of those that are affected by this disease whether they are friends or family. If you or a loved one are suffering from LBD, this informative book gives you all the information you need to know.

Living Your Best with Early-Stage Alzheimer's	Lisa Snyder	2010	This book fills an enormous void by providing a straightforward, practical guide on coping with the diagnosis, effectively managing symptoms, finding meaningful activity, planning for the future, strategies for easier communication, participating in research and clinical trials, and much more. This book is a working guide to help the person with Alzheimer's feel empowered to move forward in life in light of this diagnosis.
Losing My Mind: An Intimate Look at Life with Alzheimer's	Thomas DeBaggio	2003	This intensely intimate and moving account of a 57-year-old writer afflicted with the early onset of Alzheimer's disease is a work, like "Tuesdays with Morrie" that paints a vivid picture of memory--and the pain that comes from its loss.
My Journey into Alzheimer's Disease	Robert Davis	1989	Written by a man who remained a ministering servant to the end, using his last lucid thoughts to share with us his walk of faith into Alzheimer's Disease, Rev. Robert Davis gives hope to other victims and their care partners.
Relentless Goodbye: Grief and Love in the Shadow of Dementia	Ginnie Horst Burkholder	2012	The author of this book shares from the heart about caring for a spouse who is slowly slipping away to Lewy body dementia (LBD). The book is about the gritty and glorious substances of life--how illness and health, faith and doubt, grief and acceptance all flow together in the river of change. It leads each of us to a greater awareness of our own life experiences.
Sharp Brains: A Guide to Brain Fitness	Alvaro Fernandez and Elkhonon Goldberg	2013	This guide that helps readers navigate growing brain research and identify the lifestyle factors and products that contribute to brain fitness. By gathering eighteen of the top scientists and offering insight, tools, and detailed descriptions of over twenty products, this text is an essential guide to the field of brain fitness, neuroplasticity and cognitive health.
Singing Solo	JacLynn Herron	2011	As dementia transports her mother into a world devoid of memory, language and ability, the author sheds denial and begins a ceaseless struggle for the only "treatment" that her mother needs: compassionate care.
Speaking Our Minds - Personal Reflections from Individuals with Alzheimer's	Lisa Snyder, LICSW	2009	In Speaking Our Minds, seven diagnosed individuals of various ages and backgrounds express their thoughts and feelings about what it is like to have Alzheimer's disease, to live with it day to day, and to cope with its impact on their lives. Their stories cover personal history, diagnosis, family and social interactions, philosophical and religious perspectives, and the many neurological and psychological dimensions of the disease that permeate their lives.
Still Alice	Lisa Genova	2014	"Still Alice" is a compelling novel about a 50-year-old woman's sudden descent into early onset Alzheimer's disease, written by a first-time author and reminiscent of "A Beautiful Mind" and "Ordinary People," this work packs an emotional punch.

Strengthen Your Mind, Volume 1	Kristin Einberger and Janelle Sellick	2008	These 70 engaging activities will stimulate the minds, memories, and senses of older adults. Designed especially for individuals with early memory loss, the short, one-page worksheets strengthen brain functioning, promote social interaction, and provide hours of meaningful enjoyment. Strengthen Your Mind can be used independently by older adults with memory loss or by activity staff and group leaders for discussion and programming ideas. Tips for engagement and an answer key are included for each activity.
Strengthen Your Mind, Volume 2	Kristin Einberger and Janelle Sellick	2009	A follow-up to the best-selling first volume of activities! These 87 all-new worksheets use trivia, reminiscence, and sensory stimulation to promote mental capacity and social engagement in older adults. The activities can be used in group settings or by individuals.
Ten Thousand Joys Ten Thousand Sorrows	Olivia Ames Hoblitzelle	2010	The author not only writes about the inspirations and spiritual perspectives that sustained them, but gives an intimate account of how they faced loss, crisis, and eventually death. An indispensable guide for anyone dealing with loss, each chapter includes a self-help section with reflections, suggestions, and seed thoughts.
The Alzheimer's Project	John Hoffman and Susan Froemke	2009	Created by the award-winning team behind HBO's acclaimed "Addiction" project, this series takes a close look at groundbreaking discoveries made by the country's leading scientists, as well as the effects of this debilitating and fatal disease both on those with Alzheimer's and on their families. THE ALZHEIMER'S PROJECT features a four-part documentary series, 15 short supplemental films, a robust website, and a nationwide community-based information and outreach campaign.
The Chemistry of Calm	Henry Emmons	2010	In <i>The Chemistry of Calm</i> , Dr. Henry Emmons presents his Resilience Training Program—a groundbreaking regimen designed to relieve anxiety and restore physical and mental strength. Marrying the Eastern techniques of meditation with the traditional Western solutions of diet and exercise produces a dramatic effect. Using this program, Dr. Emmons has helped countless patients reduce their anxiety and reclaim the resilience that is their birthright. Now, with <i>The Chemistry of Calm</i> , you can be anxiety free too!
The Chemistry of Joy	Henry Emmons	2006	<i>The Chemistry of Joy</i> presents Dr. Emmons's natural approach to depression -- supplemented with medication if necessary -- blending the best of Western science and Eastern philosophy to create your body's own biochemistry of joy. <i>The Chemistry of Joy</i> helps you to identify which type of depression you are experiencing and provides a specific diet and exercise plan to address it, as well as nutritional supplements and "psychology of mindfulness" exercises that can restore your body's natural balance and energy. This flexible approach creates newfound joy for those whose lives have been touched by depression -- and pathways for all who seek to actively improve their emotional lives. *Note: Henry will be signing copies of this book.

The Chemistry of Joy Workbook	Henry Emmons	2012	This book will help you reclaim your joy by teaching you to balance your body with proper nutrition and principles from ayurvedic medicine, how to settle your mind with mindfulness practices, and how to skillfully managing those "emotional tsunamis". In addition, you will learn to find the right medications and supplements, tap into the wisdom, generosity, and openness that lie within, and build your self-acceptance and connection with others.
The Spaces Between Your Fingers	Matthew Ross Smith, Dan Waldron	2013	This is one of those rare books that, in just a few minutes, will transform the way you see the world around you, beginning with the simplest, most ordinary, most overlooked of things: the spaces between your fingers. It's a parable about a grandfather vanishing into the blur of Alzheimer's, and the secret way of remembering that he taught his grandson, so they could always find each other. The story inspired The Spaces Between Your Fingers Project, a nonprofit that helps people with Alzheimer's pass on their memories by writing them on postcards and mailing them to their kids and grandkids. 100% of author royalties are donated to fund SBYF Project writing programs.
Through the Wilderness of Alzheimer's - A Guide to Two Voices	Robert and Anne Simpson	1999	Robert and Anne Simpson share the story of Bob's early onset of Alzheimer's in order to give families accurate, firsthand information about the disease and to give support and practical help to patients and caregivers. Their story, told from both of their perspectives, uses journal entries, conversations, letters and prayers, to trace the onset, diagnosis, and treatment of the disease.
Train Your Brain... Engage Your Heart... Transform Your Life: A Course in Attention and Interpretation Therapy (AIT)	Amit Sood	2010	In this book, the author synthesizes concepts from neurosciences, psychology, philosophy, and spirituality to offer a practical, hands-on approach to cultivate a healthier brain. The book offers a complete program toward enhancing present moment awareness and embodying greater gratitude, compassion, acceptance, forgiveness, and higher meaning and purpose-a state of Heartfulness.
Who Says Men Don't Care?	James V. Gambone, Ph.D.	2011	A REAL BREAKTHROUGH FOR MALE CAREGIVERS... A CAREGIVING GUIDE WRITTEN EXCLUSIVELY FOR MEN! Who Says Men Don't Care? A Man's Guide to Balanced and Guilt Free Caregiving, is unique because it is written specifically for four generations of male caregivers. The premise of the Guide is that men care differently than women, and these differences present both opportunities and potential problems in all male caregiving situations. Knowing who you are can make you a healthier and more balanced caregiver.