



Books

Here are some books about memory loss and dementia that you may find helpful:

Living Your Best with Early-Stage Alzheimer's

By Lisa Snyder, MSW, LCSW

A practical guide to living well with memory loss. This book covers adjusting to the diagnosis, connecting with others, finding meaningful activities, planning ahead, tips for daily life, and more.

What the Hell Happened to My Brain?: Living Beyond Dementia

By Kate Swaffer

A powerful description of life with frontotemporal dementia (FTD). The author describes how FTD has affected her life. She also talks about social stigma and her own journey of self-discovery and empowerment.

Alzheimer's from the Inside Out

By Richard Taylor

A collection of essays about the author's experience of living with Alzheimer disease.

Ten Thousand Joys & Ten Thousand Sorrows

By Olivia Ames Hoblitzelle

One couple's journey with Alzheimer disease, from what gave them strength, to how they faced challenges and loss.

I'm Still Here

By John Zeisel, PhD

A discussion of a *strengths-based approach* to dementia care. This approach recognizes that the person with dementia is "still here" and can live a meaningful life.

A Caregiver's Guide to Lewy Body Dementia

By Helen Buell Whitworth and Jim Whitworth

Information and personal stories to support a caregiver's journey with Lewy body dementia.

Dementia Beyond Disease: Enhancing Well-Being

By G. Allen Power, MD

A framework for understanding and promoting overall well-being when dealing with dementia.

Losing Clive to Younger Onset Dementia: One Family's Story

By Helen Beaumont

A memoir written by a mother who is also an FTD caregiver. The author suggests ways for families to cope with younger-onset dementia.

What If It's Not Alzheimer's?

By Gary and Lisa Radin

A family's guide to managing daily care, adapting to changes, and finding resources in the days and weeks after a diagnosis of FTD.

Living with Mild Cognitive Impairment

By Nicole Anderson, PhD, Kelly Murphy, PhD, Angela Troyer, PhD

A guide to helping your brain stay as healthy as possible to prevent or delay changes in memory and thinking.

Loving Someone Who Has Dementia

By Pauline Boss, PhD

Ways for care partners to find hope as they deal with grief and loss.

The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss

By Nancy L. Mace, MA, and Peter V. Rabins, MD, MPH

A guide for care partners. It covers a wide range of issues including daily care, communication, behaviors, emotions, self-care, and living situations.