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.