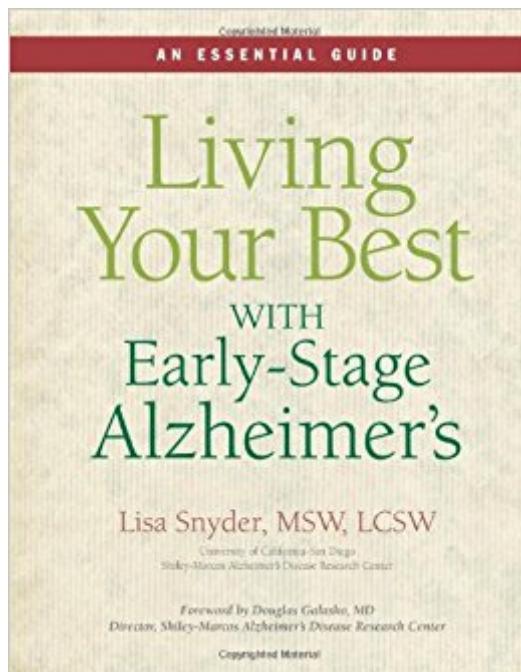


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# Living Your Best With Early-Stage Alzheimer's: An Essential Guide



## Synopsis

Recent medical advances have made it possible to diagnose Alzheimer's when symptoms are mild and new drugs are under investigation to help slow progression of the disease. Today, when a person is diagnosed, they may have many years ahead with only mild symptoms. The result is that a growing number of people with early-stage Alzheimer's are seeking information about how to take charge of their lives, manage symptoms, and cope effectively with the disease. *Living Your Best with Early-Stage Alzheimer's: An Essential Guide* fills an enormous void by providing a thorough, practical guide on coping with the diagnosis, managing symptoms, finding meaningful activity, planning for the future, maintaining important relationships, participating in research, 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 challenging diagnosis.

## Book Information

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## Customer Reviews

"Living Your Best with Early-Stage Alzheimer's is a valuable and highly recommended resource which shouldn't be missed." -Midwest Book Review, June 2010 (Midwest Book Review 2010-06-01)"...It's equally important to increase their quality of life, and Living Your Best with Early-Stage Alzheimer's is a valuable contribution to this effort." -The Tangled Neuron, November 2010 (Tangled Neuron website 2010-11-01)"All in all, Living Your Best With Early-Stage Alzheimer's is a well-crafted book. It appears to have utility both as a source book for individuals with AD and as a catalyst for early-stage AD support group discussion." -Journal of Alzheimer's Disease, reviewed by Kathleen A. Smyth, December 2010 (Journal of Alzheimer's Disease 2010-12-01)"This is an excellent resource written specifically for individuals experiencing the early stages of Alzheimer's

disease or a related dementia." -Insight Bulletin (Alzheimer Society of British Columbia), November/December 2010 (Insight Bulletin (Alzheimer Society of British Columbia) 2010-11-01)

Ã¢ Ã¢ Strategies for managing memory loss Ã¢ Ã¢ Practical suggestions for moving forward with life Ã¢ Ã¢ Valuable resources to help you and your loved ones Ã¢ Ã¢ Important messages from people with AlzheimerÃ¢ â„¢s Recent medical advances have made it possible to diagnose AlzheimerÃ¢ â„¢s at an early stage when a person may have many years ahead with only mild symptoms. The result is that a growing number of people with early-stage AlzheimerÃ¢ â„¢s are seeking information about how to take charge of their diagnosis, manage symptoms, and cope effectively with the condition. *Living Your Best with Early-Stage AlzheimerÃ¢ â„¢s: An Essential Guide* offers the person who is living with AlzheimerÃ¢ â„¢s a practical guide on coping with the diagnosis, effectively managing symptoms, finding meaningful activity, planning for the future, maintaining hope and humor, participating in research, and much more.

Lisa Snyder's most recent book ... *Living Your Best with Early-Stage Alzheimer's* ... lives up to its billing as an essential guide for those dealing with Alzheimer's Disease. As the spouse of someone who just turned 64 and has been dealing with worsening AD symptoms for several years, I found this book to be a dead-on superb resource for those dealing with EOAD and early stage AD and have recommended it to members of my early stage spouse support group (several of whom have already read it and reacted exactly as I did) and to my "online support group" as well. In fact, before I even read the book, just by scanning the Table of Contents I knew I was going to find it both helpful and informative. Although my wife and I have already dealt with most of the issues raised in this book, it's almost as if the author were 'listening in' to some of our recent conversations ... suggestions to my wife for getting her more involved in activities, suggestions for helping her remember things, on-going discussions regarding my need for greater public advocacy balanced against her discomfort about telling others about her AD, etc. The author has definitely listened very closely to those she works with on a daily basis and hits all the difficult discussions that must be held and decisions that must be made. As I read this book, I was constantly thinking about how Lisa Snyder addressed so clearly and effectively many of the issues that all of the 'newbies' in my support group are now dealing with. As with Lisa Snyder's first book ... *Speaking Our Minds -- What It's Like to Have Alzheimer's* ... the author has a genuine dialogue with the reader. Her conversational style makes for easy reading, and directly quoting comments and responses of those

with EOAD or early stage AD make each chapter even more powerful and authentic than it might otherwise be. This wonderfully written book makes a valuable contribution to those dealing with early stage/early onset AD and their caregivers for this book truly is an essential guide for how to live with a degenerative disease for which there is, at present, no cure. This is also a book that all neurologists, psychiatrists, and primary care physicians should be giving to their patients upon initial diagnosis of probable Alzheimer's. Too often, those recently diagnosed with AD and those who care for them are provided with little or no information about what they will be dealing with. After the initial shock of the diagnosis wears off, patients and caregivers have many questions, many fears, and are stressed to the max ... but, sadly, often have nowhere to turn for help. This book can go a long way in providing that help and I recommend it without reservation. I wish I had this book when my wife was diagnosed.

As a Care Consultant with the Alzheimer's Association, I talk with many families. I recently had a call from the wife of a man with Early Stage Alzheimer's. She said that when she returned from her support group the night before, her husband asked "if there is something for me." After talking with her about her husband, I told her about Lisa Snyder's book . When I called to follow up with her later, she answered saying, "Oh, you're the person who told us about that wonderful book!" She said her husband had been reading it "non-stop." Her husband then came to the phone and told me how much the book has meant to him. He said that "it's the first positive thing I've received." We are so grateful to Lisa Snyder for this book. Most books about Alzheimer's are written for people other than the person with the disease. We are so pleased to see this special book written for persons with Early Stage Alzheimer's; they need and deserve the hope and support Lisa offers.

It is not too frightening to read as it skirts later life with Alzheimer's and zeroes in on earlier life when the pleasantries are more manageable. It gives practical suggestions to victims of the disease. I may have it. But I learned much from this knowledgeable writer.

This is the best book, & one of few, on Early Stage Alzheimer's - well written, informative, & empathetic. Have nearly 8 Alzheimer's books purchased from . Some are presented in a clinical, dispassionate way & others are poorly written & depressing. I resort to this book for clarifications & validations - also Gail Sheehy's, Passages for Caregivers. Both are presented w/compassion by women involved in Alzheimer's caregiving & have saved me on the dark days.

Lisa Snyder's book is a wonderful, useful format that is very easy to use and follow. She has separated the areas and kept things focused without needing huge amounts of time for a topic to be addressed. The book does not miss anything that I can see. It's easy to find specific chapters and sub-chapters of concerns of individuals and is truly a manual that could and should be well worn from frequent use. Everything is practical plus easy to understand. How I wish it had been out when my husband was first diagnosed. He was very interested in reading everything and would have benefitted greatly. It would have given me immeasurable help in partnering him as well. I've given it as a gift several times and each was thrilled to learn of such a resource. It's a one-of-a-kind guide that is invaluable.

interesting book with a lot of answers

I bought this for my Grandpa, who has Alzheimer's. First I read it, then, about the time he lost his driving privileges, I gave it to him. It helped him to better understand the disease. Even though he has already forgotten all about it.

As a nurse who has specialized for 30+ years in care of older adults who have dementia, I can highly recommend this for families, professionals, and most importantly for people who are aware of experiencing cognitive changes associated with dementia. I've heard doctors and other professionals say that "if the person knows they have dementia, they do not have it" and I have been very frustrated by this MYTH and major misunderstanding. Many people have awareness and insight about their own dementia and Lisa Snyder's book is a wonderful resource for them. It also is a "must have" for all professionals who want to gain insight and understanding about feelings of people with dementia. We've needed this book for a long time and many many people can benefit from reading it.

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