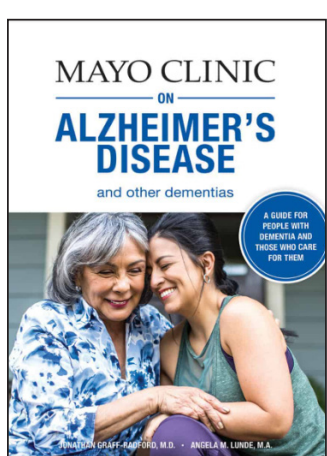
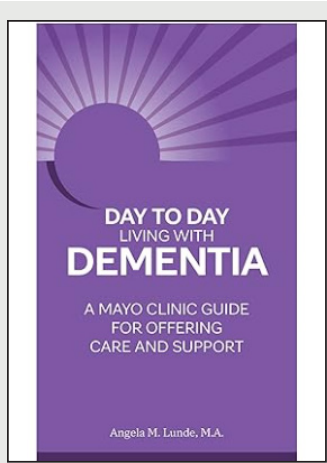


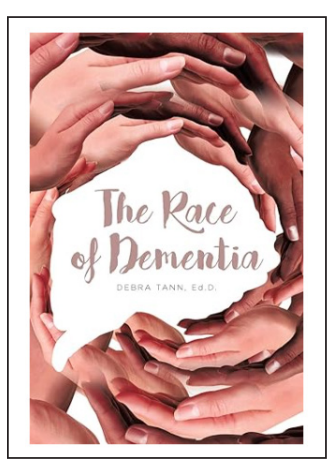
Reference Books for Brain Health



Dementia is a serious health challenge, and by some estimates the number of people living with dementia could triple by 2050. While Alzheimer's disease is the most common type of dementia, many related types of dementia also affect adults worldwide, causing loss of cognitive functions such as memory, reason and judgment. Although the diseases that cause dementia have long been considered unrelenting and incurable, recent advances offer hope.



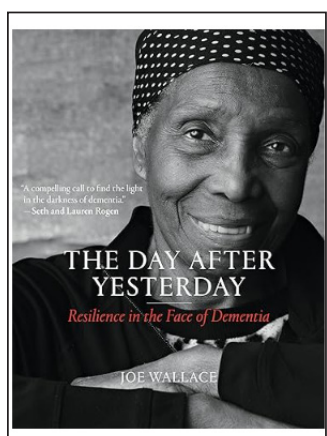
Day-to-Day Living With Dementia offers essential caregiving guidance, including practical tips and resources, techniques for working through difficult emotions, and strategies for managing common dementia-related challenges.



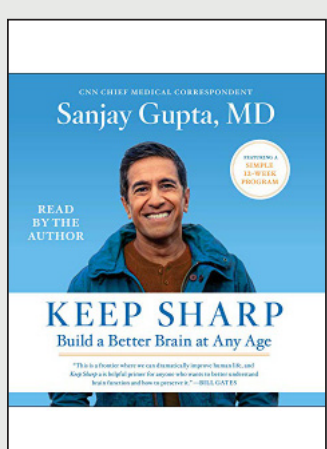
Dementia is color-blind and affects the human race profoundly. Consequently, The Race of Dementia is in progress and runners need to be equipped. Join the author as she offers: education, empowerment, and encouragement. Breakaway and also experience laughter and brokenness accentuated with realism and gravitas. Let us run and finish this race together.



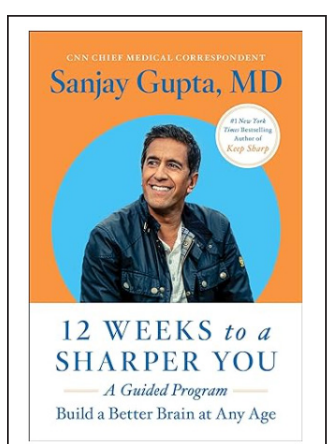
In this memoir of love, loss, and Lewy body dementia (LBD), Mary Lou Falcone takes readers on a cathartic journey of caregiving that is filled with hope, laughter, and tears. At the age of ten, Mary Lou's life was forever changed when her father had a severe stroke that took away his ability to speak. While her mother worked three jobs, Mary Lou cared for not only her father but two younger siblings.



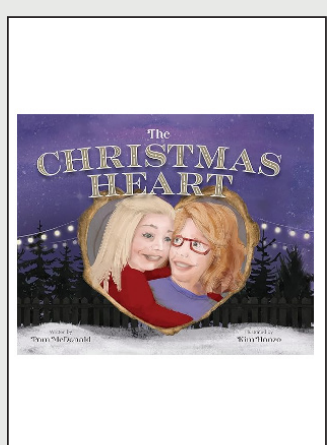
A graphic designer, a writer, a public servant, a retired PhD, a 29-year-old with early-onset Alzheimer's. These are just some of the 50 million people living with dementia who share their deeply personal stories with Joe Wallace in The Day after Yesterday.



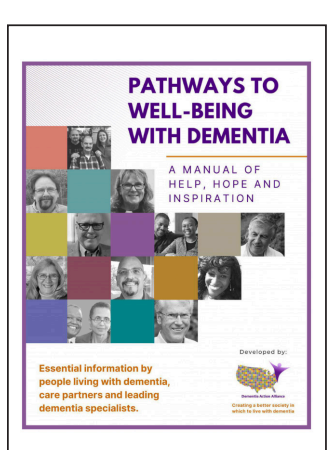
Keep Sharp debunks common myths about aging and mental decline, explores whether there's a "best" diet or exercise regimen for the brain, and explains whether it's healthier to play video games that test memory and processing speed, or to engage in more social interaction.



Keep your brain healthy at any age with this practical workbook through a 12-week program from the number 1 New York Times bestselling author of Keep Sharp, Sanjay Gupta, M.D.



Based on a true story, The Christmas Heart, is one family's experience with Early Onset Alzheimer's. Little Madi watches as her grandma Patti seems to change seemingly overnight. As Madi and her family struggle with their loss, they begin to see, through a miraculous find, love and hope



Essential Information by people living with dementia, care partners and leading dementia specialists