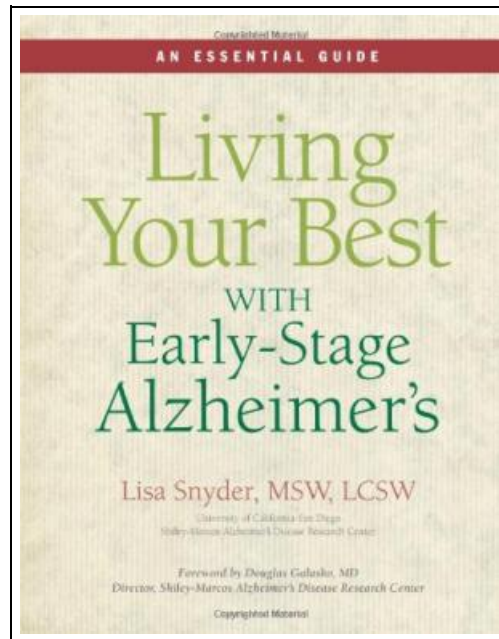


## Living Your Best with Early-Stage Alzheimers: An Essential Guide



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Sunrise River Press. Paperback. Condition: New. 288 pages. -Strategies for managing memory loss-Practical suggestions for moving forward with life-Valuable resources to help you and your loved ones-Important messages from people with AlzheimersRecent medical advances have made it possible to diagnose Alzheimers when symptoms are only mild. New drugs are under investigation to help slow progression of the disease, and there is hope on the horizon for more effective treatments to keep the disease at bay. Today, when a person is diagnosed with Alzheimers, they may have many years ahead with only mild symptoms. The result is that a growing number of people with early-stage Alzheimers are seeking information about how to take charge of their diagnosis, manage symptoms, and cope effectively with the disease. Since the vast majority of books on Alzheimers are written to caregivers, persons with the diagnosis are in great need of a resource that speaks directly to their own experiences and concerns while providing strategies for managing their daily life. *Living Your Best with Early-Stage Alzheimers: An Essential Guide* 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 Alzheimers feel empowered to move forward in life in light of this challenging diagnosis. Endorsements: There are dozens of books about Alzheimers, but this one truly lives up to its name as an essential guide for those living with the disease. It also provides families and friends with useful information and insights to help loved ones. Lisa Snyder has packed her many years of social work experience and the latest medical knowledge into a most readable book that...



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