

# Download Losing My Mind An Intimate Look At Life With Alzheimers

GENERAL BOOKS ABOUT DEMENTIA – TITLES: AUTHOR: YEAR: The Spectrum of Hope: Gayatri Devi, MD: 2017: A Curious Kind of Widow: Loving a Man with Advanced Alzheimer's DiseasePages: 1 2 As with many Alzheimer's patients, it was the family who suggested my mother get her memory tested. She was 68 years old, repeating herself, losing things and occasionally paranoid and combative with my father, something we had never seen from her before.In my last post, I shared some Eastern wisdom from Sogyal Rinpoche's great book, The Tibetan Book of Living and Dying.I really enjoyed reading it, if for no other reason than that it gave me an entirely new perspective on death. I find that Western grief books almost always tell you that grief is forever, that you will always be grieving to some degree.Symptoms of Sundowners can be varied but the key is that the symptoms occur in the late afternoon or evening, or in the case of someone with more severe dementia, the symptoms worsen at night.