

Recommended Reading

Here is a list of books that members of our team and other caregivers have found helpful. You may want to look into them and see if one or more might be a good fit for you:

Books About Dementia

- *A Caregiver's Guide to Lewy Body Dementia* by Helen Buell Whitworth and James A. Whitworth
- *Alzheimer's Through the Stages: A Caregiver's Guide* by Mary Moller
- *Coping with Behavior Change in Dementia: A Family Caregiver's Guide* by Beth Spencer and Laurie White
- *Hear/say: Stories about aging, dementia, art, and life* (collaboration between UCSF Memory and Aging Center and Voice of Witness)
- *Help is Here: When someone you love has dementia* by Marian Hodges and Anne P. Hill
- *Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease* by Joanne Koenig Coste
- *Still Alice* (novel) by Lisa Genova
- *The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Related Dementias and Memory Loss* by Nancy L. Mace
- *The Problem of Alzheimer's Disease: How Science Culture and Politics Turned a Rare Disease into a Crisis and What We Can Do About It* by Jason Karlawish

Books By People With Dementia

- *Alzheimer's from the Inside Out* by Richard Taylor
- *Dancing with Dementia: My Story of Living Positively with Dementia* by Christine Bryden
- *On Pluto: Inside the Mind of Alzheimer's* by Greg O'Brien and Lisa Genova

Books About Caregiving

- *A Curious Kind of Widow: Loving a Man with Advanced Alzheimer's* by Ann Davidson
- *A Three Dog Life* by Abigail Thomas
- *Already Toast: Caregiving and Burnout in America* by Kate Washington
- *Can't We Talk about Something More Pleasant?: A Memoir* by Roz Chast
- *Caring for a Loved One with Dementia: A Mindfulness-Based Guide for Reducing Stress and Making the Best of Your Journey Together* by Marguerite Manteau-Rao and Kevin Barrows
- *Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers* by Jolene Brackey
- *Losing Lou-Ann* by Clinton A. Erb
- *Loving Someone Who Has Dementia: How to Find Hope while Coping with Stress and Grief* by Pauline Boss
- *My Father's Brain: Life in the Shadow of Alzheimer's* by Sandeep Jauhar
- *Passages in Caregiving: Turning Chaos into Confidence* by Gail Sheehy
- *Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's* by Olivia Ames Hoblitzelle
- *The Caregiver's Guide to Dementia: Practical Advice for Caring for Yourself and Your Loved One* by Gail Weatherill
- *The Caregiver's Tao Te Ching: Compassionate Caring for Your Loved Ones and Yourself* by William Martin and Nancy Martin
- *When Waves Rise: Navigating Difficult Moments Associated with Dementia* by Sarah Viola
- *When Your Aging Parent Needs Help: A Geriatrician's Step-by-Step Guide to Memory Loss, Resistance, Safety Worries, & More* by Leslie Kernisan and Paula Spencer Scott
- *Where the Light Gets In: Losing my mother only to find her again* by Kimberly Williams-Paisley with foreword by Michael J. Fox
- *The Soul of Care: The Moral Education of a Husband and a Doctor* by Arthur Kleinman

Books About Grief and Loss

- *A Grief Observed* by C. S. Lewis
- *Getting to the Other Side of Grief: Overcoming the Loss of a Spouse* by Susan J. Zonnebelt-Smeenge and Robert C. De Vries
- *Finding meaning: The Sixth Stage of Grief* by David Kessler
- *Healing After Loss: Daily Meditations for Working Through Grief* by Martha Whitmore Hickman
- *How to Carry What Can't Be Fixed: A Journal for Grief* by Megan Divine
- *I'm Grieving as Fast as I Can: How Young Widows and Widowers can Cope and Heal* by Linda Feinberg
- *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand* by Megan Divine
- *Sacred Dying: Creating Rituals for Embracing the End of Life* by Megory Anderson
- *Visions, Trips, and Crowded Rooms: Who and What You See Before You Die* by David Kessler
- *That Changes Everything* by Lucy Hone and Karen Reivich
- *The Book of Job: When Bad Things Happened to a Good Person* by Harold S. Kushner
- *Watching Their Dance: Three Sisters, A Genetic Disease and Marrying into a Family At Risk for Huntington's* by Therese Crutcher-Marin

