

## *Suggested Reading about Alzheimer's & Aging*

### Books relating Personal Experiences

1. *The Family on Beartown Road, A Memoir of Love and Courage*  
by Elizabeth Cohen.
2. *Death in Slow Motion, A Memoir of a Daughter, Her Mother, and the Beast Called Alzheimer's*  
by Eleanor Cooney.
3. *Alzheimer's, A Love Story, One Year in My Husband's Journey*  
by Ann Davidson.
4. *Dancing with Rose, Finding Life in the Land of Alzheimer's*  
by Lauren Kessler.
5. *The Last Dance, Facing Alzheimer's with Love & Laughter*  
by Ann McLane Kuster.
6. *Do You Remember Me? A Father, a Daughter, and a Search for the Self*  
by Judith Levine.
7. *Twilight Travels with Mother, How I found strength, hope, and a sense of humor living with Alzheimer's*  
by Mary Ann Mayo.
8. *"Do I Know You?" A Family's Journey Through Aging and Alzheimer's*  
by Bette Ann Moskowitz.
9. *Speaking Our Minds, Personal Reflections from Individuals with Alzheimer's*  
by Lisa Snyder, LCSW.
10. *My Parents and Alzheimer's, A Daughter's Story*  
by Janet M. Stone.

### Novels about Alzheimer's

1. *Old Friends*, by Tracy Kidder.
2. *Still Alice*, by Lisa Genova.
3. *The Leisure Seeker*, by Michael Zadoorian.

## Books about Aging, not specifically Alzheimer's related

1. *Tuesdays with Morrie, an old man, a young man, and life's greatest lesson* by Mitch Albom.
2. *If I Live To Be 100, Lessons from the Centenarians* by Neenah Ellis.
3. *To Live Until We Say Good-bye* by Elisabeth Kubler-Ross.
4. *Am I Old Yet? The story of two women, generations apart, growing up and growing young in a timeless friendship* by Leah Komaiko.

## Books with a more Scientific Slant

1. *Staying Connected While Letting Go, The Paradox of Alzheimer's Caregiving* by Sandy Braff, M.F.T. & Mary Rose Olenik.
2. *Final Gifts, Understanding the Special Awareness, Needs and Communications of the Dying* by Maggie Callanan & Patricia Kelley.
3. *Learning to Speak Alzheimer's, A Groundbreaking Approach for Everyone Dealing with the Disease* by Joanne Koenig Coste.
4. *The Forgetting, Alzheimer's: Portrait of an Epidemic* by David Shenk.
5. *Aging with Grace: What the Nun Study Teaches Us about Leading Longer, Healthier, & More Meaningful Lives*, by David Snowdon, PhD.
6. *Talking to Alzheimer's, Simple Ways to Connect When You Visit with a Family Member or Friend*, by Claudia J. Strauss.

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