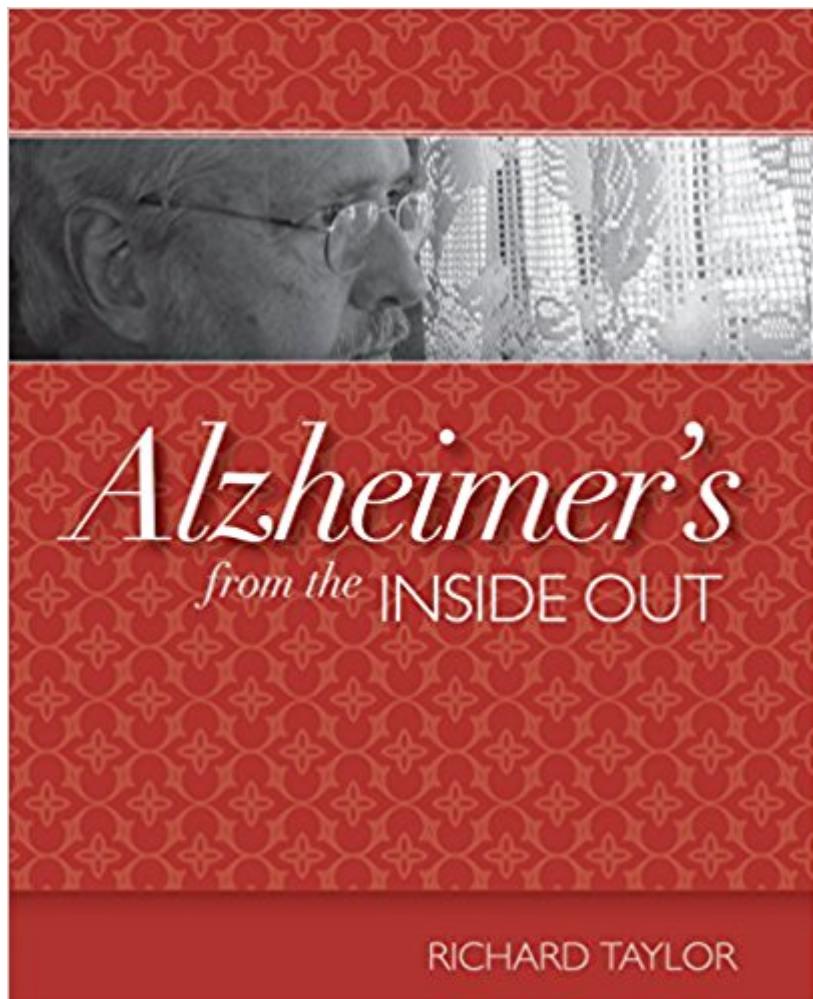


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# Alzheimer's From The Inside Out



## Synopsis

âœ | These poignant essays come from the heart and the soul of a sensitive and intellectually gifted man who has become a national champion and advocate for the millions of people living with this disease.â •â "Linda L. Buettner, Ph.D., CTRS, FGSA, Professor of Health Science, Florida Gulf Coast Universityâ œThis is not an ordinary book. It is an extraordinary collection of anecdotes, ruminations, insights, comparisons, literary allusion and blinding insights. Be prepared to be challenged. Be prepared to reflect on your own human failings and joy at not having Alzheimerâ™s disease. But most importantly, be prepared to read this book.â •â "Dementia Journal (UK)Full of questions, reflections, frustrations, and humor, this collection of provocative essays offers readers a rare exploration of the world of individuals with Alzheimerâ™s disease. Diagnosed at age 58, psychologist Richard Taylor shares a revealing account of his slow transformation and deterioration over a 6-year period after his diagnosis. With remarkable clarity and candor, Taylor gives voice to the thoughts, fears, and desires of all people with Alzheimerâ™s disease and offers valuable insights for their caregivers. More than 80 brief essays and vignettes poignantly address issues faced by those with Alzheimerâ™s disease, including loss of independence and personhood, communication difficulties with caregivers, and never-ending uncertainty about the future. Winner of numerous awards and accolades including the American Journal of Nursing (AJN) Book of the Year award, a National Mature Media Bronze award, the John Mackey Award, and Pioneer Networkâ™s Carter Williams Legacy award, this is a captivating read for anyone affected personally or professionally by Alzheimerâ™s disease, especially individuals with early-stage Alzheimerâ™s disease, family caregivers, and professional caregivers such as nurses, social workers, counselors, and therapists.

## Book Information

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## Customer Reviews

Alzheimer's from the Inside Out is a stunning achievement. In this collection of essays, Richard Taylor gets at the essence of dementia, and how it has redefined his relationships with family, friends and even with himself. There are no answers when it comes to Alzheimer's, but Richard asks all the right questions. Alzheimer's from the Inside Out is much more than a resource for anyone dealing with the disease. Although the book includes plenty of practical information, Richard goes beyond test scores, standard medications and neuroimaging to the more important philosophical and psychological aspects of life after diagnosis. He takes the focus off the disease, and puts it back on the person. I wish I'd read this book when my father were alive. I would have worried less about what was wrong with him and worried more about just being with him.

I have early dementia, fitting the criteria for Alzheimer's. Like the author, I was a psychotherapist in my 50s when my difficulties became such that I couldn't work. It's incredibly powerful to read his words, and see what I would have said if I were only so gifted. Most importantly, I want doctors to read this book, as most of them relate only to dementia as it looks in the end stage, and aren't familiar with what the early disease process looks like.

Yesterday I hear Mr. Taylor speak to a room of spellbound seniors in a bridge (between independent and assisted) home in Atlanta. One of these seniors is my 89 year old mother, who has been diagnosed with cardio-vascular dementia. Mr. Taylor showed me, like no book or outside expert could, what a person with dementia feels and thinks inside. As he warned the caregivers not to treat their family as children, not to snatch chores and precious belongings away, not to order them about, not to show their frustration, and so many other feelings I know I have been guilty of, I knew I had been invited into a world I needed desperately to FEEL, not just learn about, but FEEL. The room full of nodding heads and murmured agreements convinced me of the harm we who try

so hard to help can do to the ones we love in our rushed quest for expediency.

This book gives a unique perspective on the feelings of the person with Alzheimer's disease. Examining how it feels to be ignored by family and doctor's as if they are not in the room as they are discussed. It is a good book for families and other caregivers to read as it can help them understand some of the behaviors that the person with Alzheimer's disease exhibit, especially fear, anger, outrage, embarrassment, etc., often they cannot explain these reactions in words and thus act out their feelings. This book helps the caregiver understand this better and helps them to see that a change in their behavior might improve their loved one's behavior.

This book is a wonderful insight to the affects of Alzheimer's from a patient's perspective. It is a reminder of why we must continue to be patient, loving and understanding when dealing with anyone with the disease. This is a book I will share and recommend to others.

Whether you are a care giver or have been diagnosed with Alzheimer's this book will enrich your knowledge. Richard Taylor has the insight of personal experience. He also has the gift of being able to convey that experience with passion, honesty and grit.

if you work with, love or know anyone living with Alzheimer's or other forms of dementia, I HIGHLY recommend Alzheimer's from the Inside Out by Richard Taylor. The book is written by a professional psychologist and teacher who was only 55 when he received his diagnosis of "dementia probably of the Alzheimer's type" and who was able to write in a remarkably articulate and insightful way about his own process--how it affected him, his family, his caregivers and his relationship to others and to the world. It is a stunning achievement by the author who writes with passion, honesty, even humor; and it contains a wealth of helpful information to support us all in relating to individuals living with dementia in more effective, caring and compassionate ways. The book also includes invaluable resource information in the form of recommended reading, website addresses, names of organizations, and agencies, and so on. Dawn Nelson, Founder COMPASSIONATE TOUCH for Those in Later Life Stages author, From the Heart Through the Hands: The Power of Touch in Caregiving.

Thank You Richard, for sharing your story. I am currently a caregiver for my Aunt who is 72 years old & has dementia probably of the FTLD type. Your book has inspired me and I have learned more

from you, than from any Doctor, Specialists etc. You have made a difference in my life as a caregiver. My Aunt is a wonderful compassionate person. We are extremely close to one another. She is my best friend! I treasure every moment with her and I'm with her just about every day. She is my hero! I'm so very proud of my Aunt Judy.

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