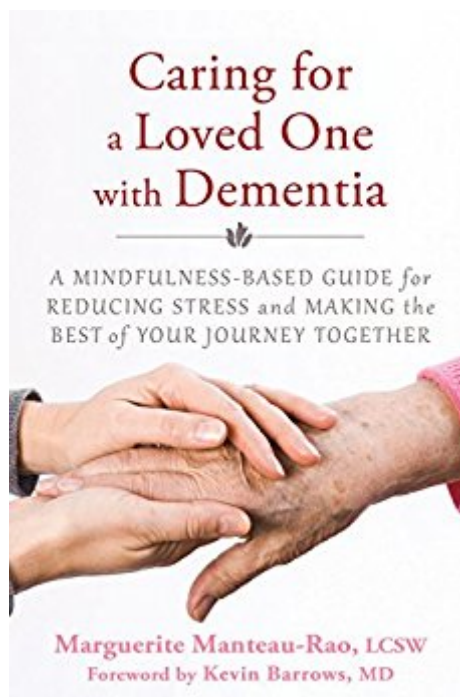


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# Caring For A Loved One With Dementia: A Mindfulness-Based Guide For Reducing Stress And Making The Best Of Your Journey Together



## Synopsis

If you're caring for a loved one with dementia, you know firsthand the challenge of providing care while maintaining your own well-being. *Caring for a Loved One with Dementia* offers a compassionate and effective mindfulness-based dementia care (MBDC) guide to help you reduce stress, stay balanced, and bring ease into your interactions with the person with dementia. In this book, you'll learn how to approach caring with calm, centered presence; respond to your loved one with compassion; and maintain authentic communication, even in the absence of words. Most importantly, you'll discover ways to manage the grief, anger, depression, and other emotions often associated with dementia care, so you can find strength and meaning in each moment you spend with your loved one.

## Book Information

File Size: 1016 KB

Print Length: 218 pages

Publisher: New Harbinger Publications; 1 edition (February 2, 2016)

Publication Date: February 9, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B0197SJOYS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #250,838 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36

in Kindle Store > Kindle eBooks > Medical eBooks > Physician & Patient > Caregiving #55

in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Aging Parents >

Eldercare #131 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases &

Physical Ailments > Alzheimer's Disease

## Customer Reviews

I have been caring for my husband, who has Lewy Body Dementia, for more than ten years. Books for caregivers always tell me to take good care of myself by eating right and getting a manicure. This book goes so much deeper, to the heart of anxiety. Suffering is wishing my life to be other than

it is. Mindfulness (which is taught here in small steps) reveals how to be more at ease in the moment. Both when I am with my darling and when I am with myself. I recommend this book very highly for individuals and for professionals in the "memory care" fields. Wish I had it earlier.

I worked for years with people with early to mid-stage Alzheimer's and their care partners in support groups, so I have seen both sides of this issue. The author hits on so many of the issues of dementia--grief, in both the person with dementia and the care partner; distress questions, both why they happen and how to answer; and how to help the person with dementia deal with feeling that they have no value, which is a recurring theme in their lives. I wasn't sure how Mindfulness would factor into this book, but the author doesn't make you feel as if you need to meditate for 30 minutes each day to become Mindful--not at all. It's about being in the present, and she shows you, step by step, how to do that. I really love the way that this book reads so easily, as if your good friend were there to help you on this journey...I highly recommend this to anyone who is taking care of someone with dementia, at any stage.

The title exactly says what the book is. It is informative, clear and easy to follow. I really admire the way the author, Marguerite Manteau-Rao weaves mindfulness practice smoothly in the day to day life of the Dementia caregiver. I felt compassion through her words and clearly see how beneficial it could become for the caregivers during their stressful time. The book It is a MUST read book for the caregivers. I did not know much about Dementia and this book gave me insight in to the lives of people who have someone suffering with Dementia. So it is also a good resource for anyone who may encounter their family member or friend with Dementia.

I was a First Read Winner of this book, and even though I finished reading this book, I plan on referring to it many more times. I have been a caregiver for 4 years now and I felt this book really understood what it is like for me on a daily basis, and just a few helpful hints already have helped me cope a little bit better. Also it helped me see what it is like for the person I take care of from a different perspective. So overall I found the book very helpful and I recommend it to any caregiver or anybody involved in taking care of a loved one. I wished this book was around when my uncle took care of my aunt, because the weight of that responsibility took a huge toll on him.

This is a wonderful book for anyone who deals with someone diagnosed with dementia. It is a hands-on handbook that is clear, concise, and practical. Many of the most important points are

repeated and reinforced simply and lovingly. I recommend this book to anyone who has had experience in this area as well as newcomers. There is something for everyone in it!

This book has really helped me be more present with my mother. I am calmer when I visit her at the nursing home. I feel I am better able to relate to her and connect with the other residents. I appreciated the author's description of Parkinson's dementia and how she differentiated it from Alzheimer's. She helped me understand the fluctuations that go with Parkinson's dementia. I also appreciated the advice to go with your loved one's reality and not try to force them into your reality. I feel like this insight has helped me have much less conflict with my mother. Great resource for those wanting to apply mindfulness practices with those you love who have dementia.

Offers a compassionate and more helpful approach to conceptualizing behavior of loved one with dementia. This, in turn, decreases negative emotionality in caregiver's understanding and reaction to challenging behaviors.

Found the lessons in this book to be transformative. The practices offered me a near immediate shift from despair to hope. The author's first hand experience with caring for those with dementia is reassuring. Applying mindfulness techniques and practices to dementia care is liberating. I am grateful to have come across this book and highly recommend it.

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