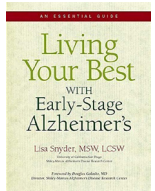
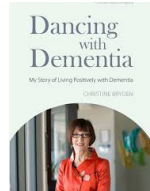


# Suggested Resources

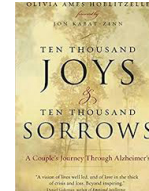
## Living with Alzheimer's disease and related dementias



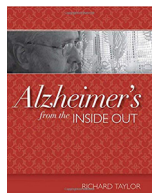
*Living Your Best With Early-Stage Alzheimer's: An Essential Guide*  
by Lisa Snyder, MSW, LCSW



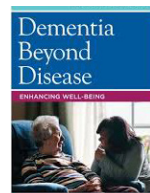
*Dancing with Dementia: My Story of Living Positively with Dementia*  
by Christine Bryden



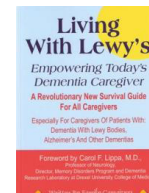
*Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's*  
by O.A. Hoblitzelle



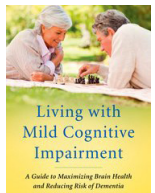
*Alzheimer's from the Inside Out*  
by Richard Taylor, PhD



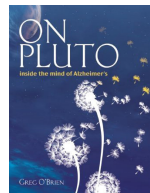
*Dementia Beyond Disease: Enhancing Well-Being*  
by G. Allen Power, MD



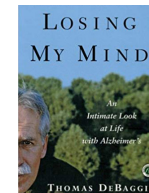
*Living With Lewy's: Empowering Today's Dementia Caregiver*  
by Amy J. Throop & Gerald S. Throop



*Living with Mild Cognitive Impairment*  
by Nicole D. Anderson, Kelly J. Murphy, & Angela K. Troyer

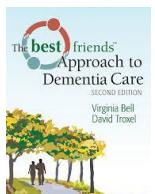


*On Pluto: Inside the Mind of Alzheimer's*  
by Greg O'Brien

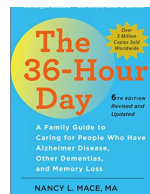


*Losing My Mind: An Intimate Look at Life with Alzheimer's*  
by Thomas DeBaggio

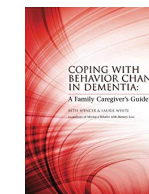
## Caregiving, mindfulness, and self-care



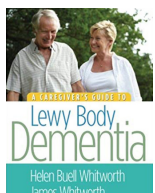
*The Best Friends Approach to Alzheimer's Care*  
by Virginia Bell, MSW, and David Troxel, MPH



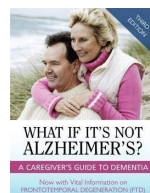
*The 36-Hour Day*  
by Nancy L. Mace, MA, and Peter V. Rabins, MD, MPH



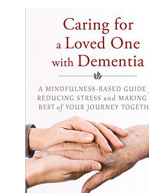
*Coping with Behavior Change in Dementia: A Family Caregiver's Guide*  
by Beth Spencer and Laurie White



*A Caregiver's Guide to Lewy Body Dementia*  
by Helen Buell Whitworth, MS, BSN, and James Whitworth



*What If It's Not Alzheimer's? A Caregiver's Guide to Dementia*  
by Gary Radin and Lisa Radin (Eds.)



*Caring for a Loved One with Dementia: A Mindfulness-Based Guide*  
by Marguerite Manteau-Rao, LCSW

For a more extensive list of books, online resources, and other media that may help you learn more about Alzheimer's disease and related dementias, as well as resources for caregivers and other loved ones of those affected by these diseases, visit

[alzheimers.med.umich.edu](http://alzheimers.med.umich.edu)