

Judy's Booklist

Books to broaden your understanding:

Sacks, Oliver. *The Man Who Mistook His Wife for a Hat*. New York: Touchstone, 1970.

Gawande, Atul. *Being Mortal*. London: Profile Books Ltd., 2014.

Kahneman, Daniel. *Thinking, Fast and Slow*. New York: Farrar, Straus and Giroux, 2011.

McGilchrist, Iain. *The Master and His Emissary*. Totten: Hobbs, 2012.

Lehrer, Jonah. *Proust Was a Neuroscientist*. New York: Houghton Mifflin Company, 2008.

Yong, Ed. *An Immense World*. New York: Penguin Random House, 2022.

Langer, Ellen. *Mindfulness*. Philadelphia: Da Capa Press, 2014.

McGilchrist, Iain. *The Matter With Things*. London: Perspectiva Press, 2021.

Shaughnessy, Mina. *Errors & Expectations*. New York: Oxford University Press, 1977.

Doerr, Anthony. *Memory Wall, Stories*. New York: Scribner, 2010. (fiction)

Books on dementia care

Koenig Coste, Joanne. *Learning to Speak Alzheimer's*. New York: Houghton Mifflin Harcourt Publishing Co., 2003.

Chapman, Gary et al. *Keeping Love Alive As Memories Fade*. Chicago: Northfield Publishing, 2016.

Power, Allen. *Dementia Beyond Drugs*. Baltimore, MD: Health Professions Press, 2010.

Sherzai, Dean and Ayesha. *The 3-Day Alzheimer's Solution*. New York: HarperCollins Publishers, 2021.

Books to help you cope:

Tolle, Eckhart. *The Power of Now*. Vancouver: Namaste Publishing, 1999.

Brackey, Jolene. *Creating Moments of Joy*. West Lafayette, IN: Purdue University Press, 2007.

Lamott, Anne. *Help Thanks Wow, the Three Essential Prayers*. New York: Penguin Group (USA) Inc., 2012.

Merton, Thomas. *No Man Is an Island*. Orlando: Harcourt, Inc., 1955.

Thomas, Abigail. *A Three Dog Life, a Memoir*. Orlando: Harcourt, Inc., 2006.