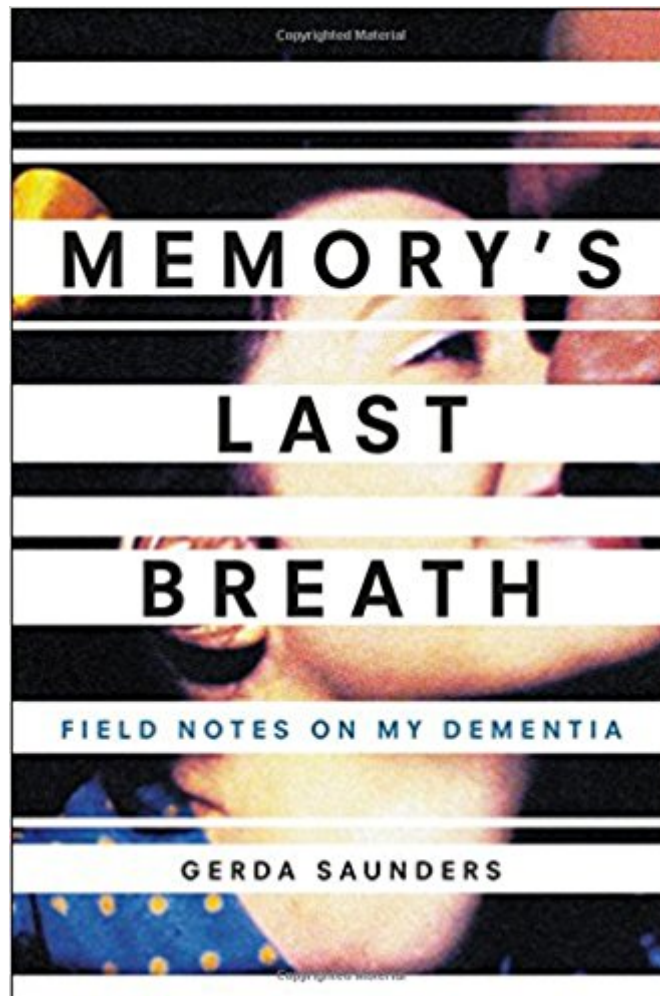




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Memory's Last Breath: Field Notes On My Dementia



Synopsis

"For anyone facing dementia, [Saunders'] words are truly enlightening.... Inspiring lessons about living and thriving with dementia."---Maria Shriver, NBC's Today ShowA "courageous and singular book" (Andrew Solomon), *Memory's Last Breath* is an unsparing, beautifully written memoir--"an intimate, revealing account of living with dementia" (Shelf Awareness).Based on the "field notes" she keeps in her journal, *Memory's Last Breath* is Gerda Saunders' astonishing window into a life distorted by dementia. She writes about shopping trips cut short by unintentional shoplifting, car journeys derailed when she loses her bearings, and the embarrassment of forgetting what she has just said to a room of colleagues. Coping with the complications of losing short-term memory, Saunders, a former university professor, nonetheless embarks on a personal investigation of the brain and its mysteries, examining science and literature, and immersing herself in vivid memories of her childhood in South Africa.

Customer Reviews

"The book is remarkable not only for its fiercely honest, sometimes-poetic portrayal of mental decline, but also for the way the author effectively celebrates 'the magisteria of a mind'.... A courageous, richly textured, and unsparing memoir."~ Kirkus Reviews (starred review)"[A] deeply emotional and humbling memoir...a work of breathtaking defiance."~ Booklist (starred review)

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Thoughtful Dementia Care: Understanding the

Dementia Experience The Dementia Handbook: How to Provide Dementia Care at Home Dementia with Lewy Bodies and Parkinson's Disease Dementia: Patient, Family, and Clinician Working Together for Better Outcomes Finding Grace in the Face of Dementia: "Experiencing Dementia--Honoring God" Bone, Breath, and Gesture: Practices of Embodiment Volume 1 (Bone, Breath, & Gesture) (Vol 1) Breath By Breath: The Liberating Practice of Insight Meditation Breath by Breath: The Liberating Practice of Insight Meditation (Shambhala Classics) Chanting Breath by Breath How to Improve Your Memory and Remember Anything: Flash Cards, Memory Palaces, Mnemonics (50+ Powerful Hacks for Amazing Memory Improvement) (The Learning Development Book Series 7) Quantum Memory: Learn to Improve Your Memory with The World Memory Champion! Forget Memory: Creating Better Lives for People with Dementia (Paperback) Forget Memory: Creating Better Lives for People with Dementia Conversation Cards for Adults, Familiar Words - Reminiscence Activity for Alzheimer's / Dementia / Memory Loss Patients and Caregivers

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