**My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver**

Martin Schreiber and Cathy Breitenbucher

In *My Two Elaines*, author Marty Schreiber, former governor of Wisconsin, watches his beloved wife, Elaine, gradually transform from the woman he fell in love within high school, and who diligently supported his political career, to the Elaine who knows she is declining and can't remember how to cook a meal, and finally to the Elaine who no longer recognizes Marty or their children.

One part love story, one-part practical advice, this compelling book includes several unique elements:

* Excerpts from Elaine's journal, recounting her thoughts, concerns, and frustrations as the disease progresses
* A recurring feature called "What I Wish I’d Known," which provides helpful takeaways for caregivers based on Marty's observations about what he wishes he'd known sooner and done differently
* A Q&A between Marty and neuropsychologist Dr. Michelle Braun, to equip caregivers with the right questions to ask and empower them to advocate for their loved ones and their own needs

Beyond sincere, practical advice, *My Two Elaines* gives the reader permission to feel the full spectrum of emotions, including humor, even in the face of this relentless illness. And the book speaks to anyone touched by this disease--spouse, child, friend, or family member.

**My Journey into Alzheimer's Disease**

Robert Davis and Betty Davis

A book of encouragement of how one man of faith faced the oncoming darkness of Alzheimer's disease. In a powerful story of courage and faith, Davis shows how God gives strength and grace.

**A Journey of Faith: A Mother's Alzheimer's, a Son's Love, and His Search for Answers**

Edward Grinnan

Enjoy the NEW inspirational memoir from Edward Grinnan, Guideposts’ Editor-in-Chief, as he reveals his deeply personal - and hopeful - journey of faith through his mother’s Alzheimer’s and his own fear of getting the disease. A blessing and encouraging read for anyone facing trials.

Edward understands the fear and panic of memory loss and Alzheimer’s all too well. He watched Alzheimer’s take its ruthless course with his lovely, funny, and intelligent mother, Estelle, and was haunted by the question—will it happen to me too?

Now in his deeply personal story, you’ll walk with Edward as he travels that painful road of watching a loved one disappear into the fog of Alzheimer’s. He discovers – with God’s help – hope, courage, and peace even in the midst of such loss and heartache.

In addition to his remarkable story, Edward includes his favorite *Guideposts*stories told by real people that inspired him in his journey of faith. Plus, he offers practical guidance on caring for a loved one with Alzheimer’s – as well as yourself – without becoming overwhelmed.

***A Journey of Faith*** is a tender tribute to Edward’s mother, as well as an exploration of the promise of hope, the indestructibility of love, the faithfulness of God, and an eloquent call to make the most out of every moment. Edward’s beautiful story will stay with you long after you’ve read the last page.

Makes a perfect gift for anyone struggling with a difficult trial.

**The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline**

Dale Bredesen

**The instant *New York Times* and *Wall Street Journal* bestseller  
  
A groundbreaking plan to prevent and reverse Alzheimer’s Disease that fundamentally changes how we understand cognitive decline.**  
   
Everyone knows someone who has survived cancer, but until now no one knows anyone who has survived Alzheimer's Disease.   
   
In this paradigm shifting book, Dale Bredesen, MD, offers real hope to anyone looking to prevent and even reverse Alzheimer's Disease and cognitive decline.  Revealing that AD is not one condition, as it is currently treated, but three, *The End of Alzheimer’s* outlines 36 metabolic factors (micronutrients, hormone levels, sleep) that can trigger "downsizing" in the brain. The protocol shows us how to rebalance these factors using lifestyle modifications like taking B12, eliminating gluten, or improving oral hygiene.  
   
The results are impressive. Of the first ten patients on the protocol, nine displayed significant improvement with 3-6 months, since then the protocol has yielded similar results with hundreds more. Now, *The End of Alzheimer’s* brings new hope to a broad audience of patients, caregivers, physicians, and treatment centers with a fascinating look inside the science and a complete step-by-step plan that fundamentally changes how we treat and even think about AD.

**The End of Alzheimer's Program: The First Protocol to Enhance Cognition and Reverse Decline at Any Age**

Dale Bredesen

**The instant *New York Times* bestseller  
  
The *New York Times* Best Selling author of*The End of Alzheimer's* lays out a specific plan to help everyone prevent and reverse cognitive decline or simply maximize brainpower.**  
  
In *The End of Alzheimer's* Dale Bredesen laid out the science behind his revolutionary new program that is the first to both prevent and reverse symptoms of Alzheimer's disease. Now he lays out the detailed program he uses with his own patients. Accessible and detailed, it can be tailored to anyone's needs and will enhance cognitive ability at any age.  
  
What we call Alzheimer's disease is actually a protective response to a wide variety of insults to the brain: inflammation, insulin resistance, toxins, infections, and inadequate levels of nutrients, hormones, and growth factors. Bredesen starts by having us figure out which of these insults we need to address and continues by laying out a personalized lifestyle plan. Focusing on the Ketoflex 12/3 Diet, which triggers ketosis and lets the brain restore itself with a minimum 12-hour fast, Dr. Bredesen drills down on restorative sleep, targeted supplementation, exercise, and brain training. He also examines the tricky question of toxic exposure and provides workarounds for many difficult problems. The takeaway is that we do not need to do the program perfectly but will see tremendous results if we can do it well enough.  
  
With inspiring stories from patients who have reversed cognitive decline and are now thriving, this book shifts the treatment paradigm and offers a new and effective way to enhance cognition as well as unprecedented hope to sufferers of this now no longer deadly disease.