Book Recommendations from the Aging Wisdom team

General – Aging, Preparing, Health Care, Medicine

A Bitter Pill by John Sloan

Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives by David Snowdon, PhD

Counting on Kindness by Wendy Lustbader

Dementia Beyond Drugs: Changing the Culture of Care by Al Power, MD

Dementia Beyond Disease: Enhancing Well-Being by Al Power, MD

Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being by Andrew Weil, MD

My Mother Your Mother: Embracing "Slow Medicine," the compassionate approach to caring for your aging loved ones by Dennis McCullough

Second Wind: Navigating the Passage to a Slower, Deeper, and More Connected Life by Dr. Bill Thomas

The Art of Aging by Sherwin B. Nuland

Caregiving

A Bittersweet Season: Caring for Our Aging Parents--and Ourselves by Jane Gross (founding editor of the NY Times New Old Age Blog)

Alzheimer’s: A Caregiver’s Guide and Sourcebook by Howard Gruetzner

An Unintended Journey: a Caregiver’s Guide to Dementia by Janet Yagoda Shagam

Caregiver’s Path to Compassionate Decision Making: Making Choices for Those Who Can’t by Viki Kind

Coping with Your Difficult Older Parent by Grace Lebow & Barbara Kane

How to Care for Your Aging Parents by Virginia Morris
I’m Still Here: A New Philosophy of Alzheimer’s Care by John Zeisel

Loving Someone Who Has Dementia: How to Find Hope while Coping with Stress and Grief by Pauline Boss (dementia, positive book, focus on resilience)

Speaking Dementia: Making Sense of It All by Frena Gray-Davidson

Surviving Alzheimer’s: Practical tips and soul-saving wisdom for caregivers by Paula Spencer Scott

Taking Care of Aging Family Members: A Practical Guide by Wendy Lustbader and Nancy Hooyman

Ten Thousand Joys & Ten Thousand Sorrows: A Couple’s Journey Through Alzheimer’s by Olivia Ames Hoblitzelle

The best friends™ Approach to Dementia Care by Virginia Bell, David Troxel

When the Time Comes: Taking Care of Aging Parents by Paula Span

**Families**

Mom Always Liked You Best: A Guide for Resolving Family Feuds, Inheritance Battles & Eldercare Crises by Arline Kardasis, Rikk Larsen, Crystal Thorpe, Blair Trippe

They’re Your Parents Too by Frances Russo (family dynamics)

**Caregiving – Activities**

Contented Dementia by Oliver James

Creating Moments of Joy for the Person with Alzheimer’s or Dementia: A Journal for Caregivers by Jolene Brackey

Forget Memory by Anne Basting

I Remember Better When I Paint: Art and Alzheimer’s: Opening Doors, Making Connections by Berna G Huebner

The best friends™ Approach to Alzheimer’s Activities by Virginia Bell, David Troxel
**Living with Dementia**

*Alzheimer’s from the Inside Out* by Richard Taylor

*Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimer’s* by B. Smith & Dan Gasby

*Living Your Best with Early-Stage Alzheimer’s: An Essential Guide* by Lisa Snyder

*Losing My Mind: An Intimate Look at Life with Alzheimer’s* by Tom DeBaggio

*Speaking Our Minds: What It’s Like to Have Alzheimer’s* by Lisa Snyder

*While I Still Can…* by Rick Phelps & Gary Joseph LeBlanc

**End of Life**

*Being Mortal* by Atul Gawande

*Dying Well* by Ira Byock, MD

*Final Gifts* by Maggie Callahan & Patricia Kelley

*The Best Care Possible* by Ira Byock, MD

**Grief and Loss**

*Ambiguous Loss: Learning to Live with Unresolved Grief* by Pauline Boss

*The Year of Magical Thinking* by Joan Didion – grief journey

**Spirituality**

*Caresharing: A Reciprocal Approach to Caregiving and Care Receiving in the Complexities of Aging, Illness or Disability* by Marty Richards, MSW, LCSW

*No Act of Love is Ever Wasted: The Spirituality of Caring for Persons with Dementia* by Richard L. Morgan and Jane Marie Thibault
For Children

Sonja’s Chickens by Phoebe Wahl

What’s Happening to Grandpa? By Maria Shriver

Why Did Grandma Put Her Underwear in the Refrigerator?: An Explanation of Alzheimer’s Disease for Children by Max Wallack

Wilfrid Gordon McDonald Partridge by Mem Fox

Memoir

Can’t We Talk About Something More Pleasant? Roz Chast

Her Beautiful Brain by Ann Hedreen

The Long Hello: Memory, My Mother and Me by Cathie Borrie

The Shelf Life of Ashes by Hollis Giammatteo

Poetry

Beyond Forgetting: Poetry and Prose About Alzheimer’s edited by Holly Hughes

Dear Alzheimer’s: A Caregivers Diary of Poetry & Poems by Esther Altshul Helfgott

Poems from the Pond 107 Years of Words and Wisdom. The Writings of Peggy Freydberg

You are Not Alone: Poems of Hope and Faith by Lon Cole