



Alzheimer's from the Inside Out

By Richard Taylor PhD

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Offers a glimpse into the world of individuals living with Alzheimer's disease. The author, who was diagnosed at age 58, shares his account of his slow transformation and deterioration. Addresses complexity and emotions surrounding issues such as the loss of independence, unwanted personality shifts, struggle to communicate, and more. Softcover.

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Alzheimer's from the Inside Out By Richard Taylor PhD Bibliography

- Sales Rank: #176631 in Books
- Brand: Brand: Health Professions Press
- Published on: 2006-12-31
- Original language: English
- Number of items: 1
- Dimensions: 9.13" h x .69" w x 7.47" l, 1.09 pounds
- Binding: Paperback
- 224 pages

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Editorial Review

Review

"Dr. Taylor's words shed light on a very dark experience and the reader is led out of the darkness by his frankness, his humor, and most of all his spirit "alive within me." His penetrating and pleading comments related to care giving cause the reader to take a deep breath, pause, and move forward with much greater insight into the complexity of these emotional relationships. Are these innovative words asking too much of the reader? I think not. We have been shielded too long from the mysteries of Alzheimer's disease; these fresh words compel us to shed our misperceptions and enter into the world of those who command our attention. Through Dr. Taylor's beautiful language and poignant reflections, we approach some clarity about the long neglected and misunderstood phenomenological experience of those living with Alzheimer's disease." (Naomi D. Nelson, Ph.D., Psychologist, Baylor College of Medicine 2001-01-01)

"This is not an ordinary book. It is an extraordinary collection of anecdotes, ruminations, insights, comparisons, literary allusion and blinding insights. Be prepared to be challenged. Be prepared to reflect on your own human failings and joy at not having Alzheimer's disease. But most importantly, be prepared to read this book." (*Dementia Journal (UK)* 2001-01-01)

"Such a personal telling of a tale . . . Part Eric Berne, part Henry Fonda in *On Golden Pond*, part the final movement of Mahler's *Das Lied von der Erde*, this work moves one to tears." (David O. Staats, M.D., University of Oklahoma Health Sciences Center *Doody's Review Service* 2001-01-01)

How poignant [these essays] are in expressing life with AD. [This] is a perspective I had not heard before and the insight is invaluable to me as a caregiver for my dad." (Molly G., family caregiver 2001-01-01)

"After reading this book I have come to the conclusion that this is perhaps the most important book in the field of dementia care ever written . . . Dr. Taylor writes with passion and humor about a wide range of topics that capture the experience of living with a diagnosis of "probable Alzheimer's disease" . . . These poignant essays come from the heart and the soul of a sensitive and intellectually gifted man who has become a national champion and advocate for the millions of people living with this disease." (Lind L. Buettner, Ph.D., CTRS, FGSA, Professor of Health Science, Florida Gulf Coast University 2001-01-01)

"[These essays] have given me lots of insight as to what goes on inside my mom's mind. It's hard being on the outside trying to figure out what's going on inside." (Debra K., family caregiver 2001-01-01)

"Among the millions with this cruel disease, Richard is rare in that his preserved memory, language, and thinking skills made possible these essays about his experience of the disease. He offers valuable insights to family and professional caregivers seeking to uphold the dignity of all people living with the disease. A debt of gratitude is owed to him, his wife, and his family for refusing to go gentle into that good night." (Daniel Kuhn, M.S.W., author of *Alzheimer's Early Stages* 2001-01-01)

"Richard is our canary in the coal mine. He is chirping, trilling, humming. His advancement through life's thickets lead him inside, around, and back. His questions, yearnings, satisfactions, regrets, challenges, humor, and provocations are warnings we all must head." (Laura S., caregiver 2001-01-01)

"Written with sensitivity, humor, and passion, *Alzheimer's from the Inside Out* describes the author's sometimes bumpy, but always insightful, journey with Alzheimer's disease. Telling his stories in a series of

informative vignettes, Richard challenges us all to be more authentic and work to make life better for persons with dementia--not tomorrow, but today!" (Virginia Bell, M.S.W., co-author, *The Best Friends Approach to Alzheimer's Care* 2001-01-01)

"I thought I understood what life was like for my Alzheimer's-affected parents-until Richard's story enlightened me with insight into an unimaginable world. Every family with an elderly loved one, and every medical professional who works with elders, should read this gripping and marvelous book!" (Jacqueline Marcell, author of *Elder Rage* and host of *Coping with Caregiving* radio program 2001-01-01)

"Extraordinary, brilliantly insightful, inspirational, courageous, thought-provoking--there is no end to the positive descriptors that can be attached to this amazing book by Richard Taylor. *Alzheimer's from the Inside Out* is not only a must read for persons with Alzheimer's and their personal and professional care partners, it is, plain and simple, a must-read book." (Carol Bowlby Sifton, family caregiver, clinical dementia consultant, author of *Navigating the Alzheimer and editor of Alzheimer's Care Quarterly* 2001-01-01)

From the Back Cover

Thoughtful and self-reflective, this collection of illuminating essays offers a rare glimpse into the often incomprehensible world of individuals living with Alzheimer's disease. Diagnosed at age 58, psychologist Richard Taylor shares a provocative and courageous account of his slow transformation and deterioration, and of the growing divide between his reality and the reality of others.

With poignant clarity, candor, and humor, Taylor addresses the complexity and emotions surrounding issues such as the loss of independence and personhood, unwanted personality shifts, the struggle to communicate, changing relationships with loved ones and friends, continuous declines in ability to perform familiar tasks, and never-ending uncertainty about the future.

Alzheimer's from the Inside Out is a captivating read for anyone affected by this mind-robbing disease. Individuals with early-stage Alzheimer's disease will take comfort in the voice of a fellow traveler experiencing similar challenges, frustrations, and triumphs. Family and professional caregivers will be enlightened by Taylor's revealing words, gaining a better understanding of an unfathomable world and how best to care for someone living in it.

About the Author

Richard Taylor has lived for over five years with a diagnosis of dementia probably of the Alzheimer's type. A former psychologist, he is now a champion for individuals with early-stage and early-onset Alzheimer's disease. Richard served on the board of the Houston and Southeast Texas Alzheimer's Association and is now a member of a special committee of the National Alzheimer's Association looking at how to evaluate and provide effective support to individuals in the early stages of the disease. He has started over 50 chat rooms worldwide for people with Alzheimer's disease and their loved ones and he is also the editor of a quarterly newsletter for people with early-onset, early-stage Alzheimer's disease and their caregivers. Originally Richard started writing essays to better understand for himself what was going on inside of him. He now writes to share his experiences with other individuals with the disease and their caregivers. His insights into himself and the disease are always honest, direct, poignant, and sometimes even witty. His essays have been published in *Alzheimer's Care Quarterly*. Richard lives in Cypress, Texas with his spouse Linda and his Bouvier des Flandres dog, Annie. His son and family live across the street from him. He spends his days playing with his two grandchildren, gardening, and writing.

Users Review

From reader reviews:

Mark Frey:

Have you spare time for just a day? What do you do when you have more or little spare time? Sure, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a stroll, shopping, or went to the actual Mall. How about open or maybe read a book titled Alzheimer's from the Inside Out? Maybe it is being best activity for you. You already know beside you can spend your time with your favorite's book, you can better than before. Do you agree with it is opinion or you have other opinion?

David Guyton:

As people who live in the particular modest era should be update about what going on or data even knowledge to make these individuals keep up with the era that is always change and move forward. Some of you maybe will probably update themselves by examining books. It is a good choice for you personally but the problems coming to anyone is you don't know which you should start with. This Alzheimer's from the Inside Out is our recommendation to help you keep up with the world. Why, as this book serves what you want and need in this era.

Betty Edmond:

On this era which is the greater person or who has ability to do something more are more valuable than other. Do you want to become one of it? It is just simple approach to have that. What you have to do is just spending your time very little but quite enough to possess a look at some books. Among the books in the top collection in your reading list is usually Alzheimer's from the Inside Out. This book and that is qualified as The Hungry Hills can get you closer in growing to be precious person. By looking right up and review this e-book you can get many advantages.

Earl Parker:

As we know that book is essential thing to add our know-how for everything. By a publication we can know everything we would like. A book is a pair of written, printed, illustrated or perhaps blank sheet. Every year was exactly added. This book Alzheimer's from the Inside Out was filled regarding science. Spend your spare time to add your knowledge about your science competence. Some people has diverse feel when they reading a book. If you know how big advantage of a book, you can feel enjoy to read a book. In the modern era like right now, many ways to get book you wanted.

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