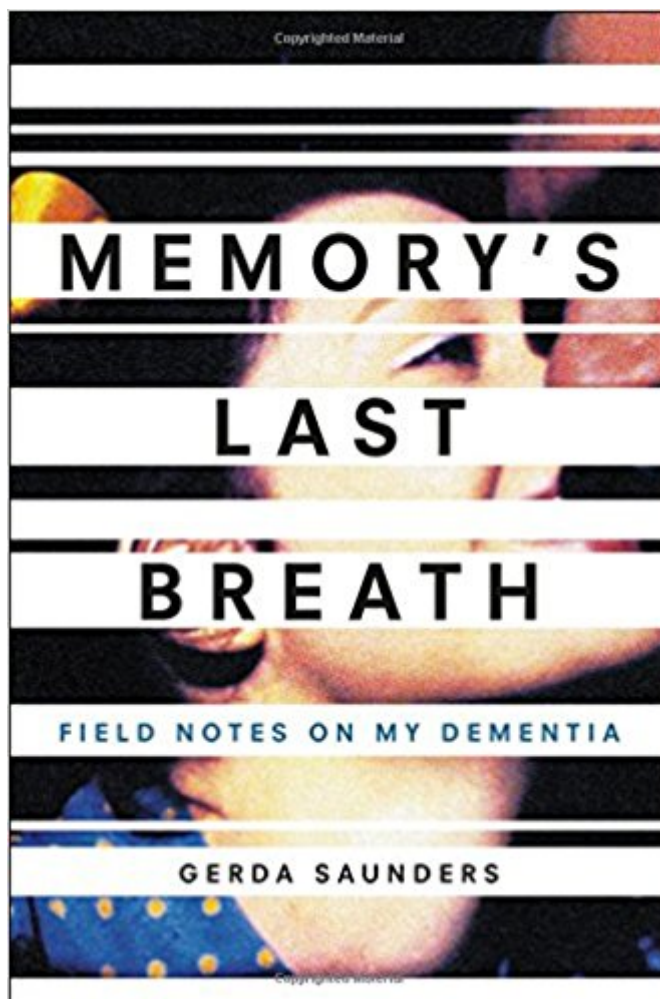


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# Memory's Last Breath: Field Notes On My Dementia



## Synopsis

"For anyone facing dementia, [Saunders'] words are truly enlightening.... Inspiring lessons about living and thriving with dementia."---Maria Shriver, NBC's Today Show  
A "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."â •Kirkus Reviews (starred review)"[A] deeply emotional and humbling memoir...a work of breathtaking defiance."â •Booklist (starred review)

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Memory Training: Train your brain to improve your memory (Unlimited Memory, Mental Health, Memory Techniques, Education & Reference, Study Skills, Memory Improvement Book 1)  
A Loving Approach to Dementia Care: Making Meaningful Connections with the Person Who Has Alzheimer's Disease or Other Dementia or Memory Loss (A 36-Hour Day Book)  
Memory Repair Protocol - Improve Your Memory: Powerful Strategies To Enhance Your Memory - The Ultimate Guide to Unleash Your Brain's Potential (memory loss Book 1)  
Memory: Boost Your Memory with Easy Exercises - Improve Your Mental Focus in Everyday Life (FREE BONUS INCLUDED) (Improve memory, improving memory, remembering more, productivity improvement)  
Better Memory Now: Memory Training Tips to Creatively Learn Anything Quickly, Improve Memory, & Ability to Focus for Students, Professionals, and Everyone Else who wants Memory Improvement  
Thoughtful Dementia Care: Understanding the Dementia Experience  
The Dementia Handbook: How to Provide Dementia Care at Home  
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