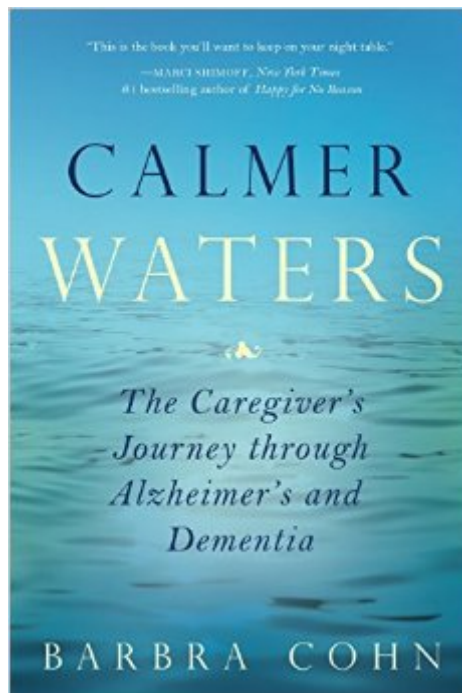


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# Calmer Waters: The Caregiver's Journey Through Alzheimer's And Dementia



## Synopsis

After spending a decade caring for her husband who died from younger-onset Alzheimer's disease, Barbra Cohn offers a spiritual and holistic guide to help caregivers feel happier and healthier, have more energy and time for themselves, sleep better, feel more relaxed and confident, and experience inner peace, despite the obstacles they face. With pathos, humor and compassion, Calmer Waters includes the author's compelling life story, inspirational essays and rituals from spiritual leaders, stories from family caregivers and twenty healing modalities from renowned experts that can be practically incorporated into a daily regimen. An added bonus is that both care partners - the caregiver and memory-impaired individual - can use most of the healing modalities, allowing for a stronger connection between the two. Riveting personal accounts of the journeys that caregivers embarked on with their loved ones illustrate the challenging medical, financial, emotional and social roadblocks that accompany coping with Alzheimer's and Dementia. A rare blend of storytelling and practical and spiritual advice, this book offers an uplifting account of the strength of the human spirit, and a testament to the love and dedication of the 15 million Americans caring for a memory-impaired relative or friend.

## Book Information

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## Customer Reviews

Barbra's book immediately brought me peace & ease. We knew Morris personally & adored him. Morris had a lot of determination & strength in dealing with his Alzheimer's Disease. He wasn't his disease, but it entered his life as an unwelcome visitor. Barbra Cohn carefully explains their difficult

journey. She facilitated the use of all the community resources which gave him a supportive village. As his caregiver, she's amazing how caring she was as well as giving hope to anyone touched by this disease.

"Calmer Waters" is the perfect handbook for caregivers, written with warm heart and soul, and filled with practical tips on everything from acupuncture and aromatherapy, to dancing and drumming, art therapy, color therapy, massage, and more. Both the caregiver and the patient/loved one will benefit enormously from the inspiring activities and wonderful ideas in this book. The author writes brilliantly and movingly about her own experiences caring for her husband, who had Alzheimer's. The author has been a nationally published reporter and writer for decades, so after her husband's diagnosis she naturally began digging for every scrap of information she could find that would help BOTH herself and her husband. If you know someone struggling with caregiving, and are unsure how to help, here is the answer: Give them this amazing book!

This is a terrific book. Cohn provides 20 different self-care and stress-reduction techniques that would be beneficial for anyone caregiving for another "not just for those caregiving for an Alzheimer's patient. It provides a real pick-and-choose menu of the techniques that appeal to you and the ones you feel like incorporating into your life. The memoir sections are very touching and provide a very intimate view of one family's journey through first getting a diagnosis of Alzheimer's disease, all the way through death. They provide solace to other families going through this. I recommend this book to all caregivers and family members of those going through this tough disease or any other! Fantastic!

Calmer Waters by Barbra Cohn is a comprehensive guide for creative caretaking, not only for Alzheimer's and Dementia patients, but for anyone in the position of caring longterm for someone they love and respect on a deteriorating journey. The author draws on her own experience, and the wisdom of many others, presenting clearly and compassionately the many paths available for caregivers. She reminds readers of the importance of creativity, compassion, and self-care through the alternately poignant, tragic, humorous, and mundane journey of Alzheimer's and Dementia. Highly recommended, a good read, and a valuable reference for anyone in the field.

Sometimes it is tough to decide how many stars to assign a book--I'm a tough critic. This time, though, it was a no-brainer. The love and talent that went into compiling this uber-helpful information

for caregivers and, well, people (because we all need to care for ourselves these days) kept me reading when I really should've been doing other things. I'm in that 'people' category, but I took much from the book that I could also apply to other contexts that wear on a person and to dealing with a close friend who has Alzheimer's. While I'm not as 'alternative' as many people in our midst, among the modalities described here, there is a modality for everyone and the reader can take what's useful and flip pages on what's not. The advice and encouragement that permeates this book is sure to help so many people grappling with the ironies of Alzheimer's and dementia. The fact that the author compiled the information says so much, both about the person she is and about the mountain she slogged to produce this wonderful work. Presented with such sensitivity, compassion, and wisdom (all while acknowledging the incomprehensibility of the context), it is a must-read for anyone caring for a loved one living with Alzheimer's. I closed the book and closed my eyes and sat still.

I just finished reading *Calmer Waters: The Caregiver's Journey Through Alzheimer's and Dementia*. Barbra Cohn has done a powerful job of laying out not only what she went through when her husband was stricken with this debilitating disease, but shares the experiences of other families and caretakers as well. I felt compassion for the author and the other contributors regarding what each family went through. I was also impressed with the amount of research Ms. Cohn did to offer caregivers insights into some of the best remedies and self-care they can use to keep themselves together, healthy and as uplifted as possible while going through the flip side of the ordeal, that their Alzheimer's-stricken loved one is going through. It is clear that care-giving can be very depleting. I especially enjoyed her spiritual approach and overview which is an underlying factor in her life as she shares valuable wisdom, tools and techniques. I can highly recommend this book to any family or partner facing a similar situation.

*Calmer Waters* is a fantastic personal journey of a brave wife. In addition it's a useful guide to caregiving for Alzheimer's and Dementia. Author Barbra Cohn gives incredible advice and a honest chronicle of her and her family's physical and spiritual journey through her husband's early onset Alzheimer's. With a heart wrenching and compassionate account, Cohn illuminates her experiences as a wife and a caregiver confronted with her husband's devastating disease. It's a must read for anyone close to Alzheimer's and Dementia because it gives 20 fresh and different self-care and stress-reduction techniques of how to cope. I recommend this book highly to anyone who is looking for answers, insights, solutions and tools for caregiving Alzheimer's

disease or any other!

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