



A Personal Guide to Living with Progressive Memory Loss

Prudence Twigg

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Memory loss can create problems in every aspect of a person's life. The challenge of communicating thoughts and feelings can be made even harder by other people's negative perceptions of dementia. This book provides practical guidance for coping with progressive memory loss, and includes examples of real people who have faced similar challenges. These stories highlight both good and bad ways to deal with the problems that arise, and are also useful for describing the experiences of memory loss to friends and family. The authors suggest ways of maintaining physical and mental health by staying active and engaged in society. They also offer techniques for improving communication, preserving self-esteem and overcoming the stigma associated with memory loss. *A Personal Guide to Living with Progressive Memory Loss* offers inspiration and advice for anyone in the early stages of dementia. It also provides useful insight for family and friends who wish to offer support for a loved one affected by progressive memory loss.

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