



## The Memory Clinic: Stories of Hope and Healing for Alzheimer s Pts and Their Familis

By Tiffany Chow

Penguin Books Canada, United States, 2013. Paperback. Book Condition: New. 208 x 132 mm. Language: English . Brand New Book. Everyone dreads the words Alzheimer s disease and dementia. And everyone who plans to live beyond age sixty-five is at some risk. Dr. Tiffany Chow, a prominent clinician and neuroscientist, offers knowledge and hope about an illness where there is, as yet, no cure. Aimed at patients and their families, The Memory Clinic is a comprehensive and ultimately reassuring work about the prevention and management of dementia. Chow herself has a genetic legacy of Alzheimer s disease, and she probes what she and everyone else can do to mitigate the impact of genetics through nutrition, exercise, and the concepts of cerebral reserve and brain plasticity. But it is in her front-line role managing the suffering caused by dementia and aiding caregivers where Chow s compassionate voice is most inspiring. She emphasizes that both patients and caregivers need to feel safe, healthy, happy, and loved, and that meeting these basic needs daily takes skill at balancing life s demands and is itself part of the protective shield against dementia s effects. Dr. Chow has written an accessible and fascinating guide through...



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### Reviews

*Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).*

-- **Doris Beier**

*Undoubtedly, this is the best work by any author. It is really simplified but shocks within the 50 % in the publication. Its been written in an extremely straightforward way and is particularly just following i finished reading this publication by which basically altered me, modify the way in my opinion.*

-- **Vivianne Dietrich**

## See Also



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Mohd Shahrhan Bin Daud, United States, 2015. Paperback. Book Condition: New. Siti Haziqah Samsul (illustrator). 244 x 170 mm. Language: Japanese . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is bilingual (Japanese-English) edition. Delightful, Colorful and Fun Learning Book for...



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### **Hitler's Exiles: Personal Stories of the Flight from Nazi Germany to America**

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 32 pages. Dimensions: 11.0in. x 8.5in. x 0.1in.From Best selling Author David ChukaJoin Billy and Monster in this fourth episode of the series - The Fartastic Adventures...



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...