

New Book Shares Real Stories of Coping, Living with Alzheimer's

Caregivers now have another resource to learn how to cope with Alzheimer's, dementia, or memory loss. Monica Vest Wheeler has written 'Alzheimer's, Dementia & Memory Loss: Straight Talk for Families & Caregivers,' and relates advice from real families coping with loved ones diagnosed with these neurological diseases.

July 28, 2008 (FPRC) -- Peoria, Illinois - Author and storyteller Monica Vest Wheeler announces the release of her new book, 'Alzheimer's, Dementia & Memory Loss: Straight Talk for Families & Caregivers.' This is the second in the series of 'Help Me Cope and Survive' books, which are exclusively published by BF Press. The book is available for \$19.95 at www.bfpress.com.

Her book presents caregivers with an inside look at how real families cope with Alzheimer's, dementia, or memory loss, and relates their advice for coping with loved ones diagnosed with these neurological diseases. It contains personal stories and insightful interviews suggesting practical ways to deal with situations, and offers emotional support from those who truly understand the challenges of daily life with Alzheimer's.

'This book soothes the emotional side effects of these conditions. Caregivers get the encouragement they need, moment by moment, to take control of their lives before a loved one's dementia does it for them,' Vest Wheeler says.

'Readers will find the information, hope, and confidence they need when feelings of guilt, loneliness, and frustration begin to overwhelm. Sometimes caregivers need to give themselves permission to ask for help and accept offers from others. This book provides the words of comfort and strength to let them know it's okay to feel the way they do,' she explains.

Since 1994, Vest Wheeler has researched and written nine history books about the Peoria, Illinois, area, covering topics from entertainment to medicine. She also co-authored 'Cancer: How You Can Help Me Cope & Survive,' the first in the 'Help Me Cope and Survive' series. All books may be purchased directly through the publishing company, BF Press. Discounts are available for purchases of 10 or more.

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