**Brain Health Reading List**

**Fiction**

* Elizabeth is Missing- Emma Healey
* Forget Me Not- Nancy Van Laan
* Still Alice- Lisa Genova
* Still My Grandma- Veronique Van den Abelle

**Non-Fiction**

* 36 Hour Day: A Family Guide to caring for persons with Alzheimer disease, other dementias, and memory loss in later life- Nancy L. Mace
* All Things Consoled: A Daughter’s Memoir- Elizabeth Hay
* The Alzheimer’s Solution: A breakthrough program to prevent and reverse the symptoms of cognitive decline at every age- Dean Sherzai
* A Bevy of Blue- Emma Rose Sparrow
* Biohack your Brain: How to boost cognitive health, performance, and power- Kristen Willeumier
* Boost Your Brain Power in 60 Seconds- Michelle Schoffro Cook
* The Brain Bible- How to stay vital, productive, and happy for a lifetime- John Boghosian Arden
* The Brain Fog Fix: Reclaim your focus, memory, and joy in just three weeks- Mike Dow
* The Brain that Changes Itself- Norman Doidge
* The Brain’s Way of Healing- Norman Doidge
* Canyon Ranch: 30 days to a better brain- Richard H. Carmona
* Connecting in the Land of Dementia- Deborah Shouse
* The Corpses of the Future- Lynn Crosbie
* Creative Care: A revolutionary approach to dementia and elder care- Anne Davis Basting
* Dementia as Social Experience: Valuing life and care- Gaynor Macdonald
* The End of Alzheimer’s- Dale Bresden
* The End of Alzheimer’s Program: The first protocol- Dale Bresden
* The End of Memory- Jay Ingram
* Feeding My Mother: Comfort and laughter in the kitchen as my mom lives with memory loss- Jann Arden
* Finding the Light in Dementia: a guide for families- Jane Mullins
* The First Survivors of Alzheimer’s- Dale E. Bresden
* Genius Foods: Become smarter, happier, and more productive- Max Lugavere
* The Ghost in my Brain: How a concussion stole my life- Clarke Elliot
* Heal Your Drained Brain- Mike Dow
* The Healthy Mind Cookbook- Rebecca Katz
* In Love: A memoir of love and loss- Amy Bloom
* In Pursuit of Memory: the fight against Alzheimer’s- Joseph Jebelli
* The Inheritance: A family on the frontlines of the battle against Alzheimer’s disease- Niki Kapsambelis
* Live and Laugh with Dementia- Lee-Fay Low
* Living With Mild Cognitive Impairment- Nicole D. Anderson
* The Long Hello: Memory, my mother, and me- Cathie Borrie
* Losing Us: A Dementia caregiver’s journey- Rosella Leslie
* Loving Someone who has Dementia- Pauline Boss
* Memory Rescue: Supercharge your brain, reverse memory loss- D. Amen
* Memory’s Last Breath: Field notes on my Dementia- Gerda Saunders
* The Mindspan Diet: reduce Alzheimer’s risk, minimize memory loss, and keep your brain young- Preston Estep
* My Father’s Brain: Life in the shadow of Alzheimer’s- Sandeep Jauhar
* Reverse Alzheimer’s disease naturally: alternative treatments for Lewy body dementia, Parkinson’s disease, Huntington’s disease, Type-3 diabetes, brain fog, dementia, memory loss and more – Michelle Honda
* Save Your Mind: Seven rules to avoid Dementia- Antoine Hakim
* Slow Dancing with a Stranger: lost and found in the age of Alzheimer’s- Meryl Comer
* Solving the Brain Puzzle: a complete layperson’s guide to achieving brain heath- Bill Code
* Somebody I used to know: a memoir- Wendy Mitchell
* Successful Aging: a neuroscientist explores the power and potential of our lives- Daniel Levitin
* Tangles: a story about Alzheimer’s, my mother and me- Sarah Leavitt
* Think Smart: A neuroscientist’s prescription for improving your brain’s performance- Richard M. Restak
* This is your Brain on food: an indispensable guide to the surprising foods that fight depression, anxiety, PTSD, OCD, ADHD, and more- Uma Naidoo
* Travelers to unimaginable lands: Stories of dementia, the caregiver, and the human brain- Dasha Kiper
* Unleash the Power of the Female Brain: supercharging yours for better health, energy, mood, focus, and sex- Daniel Amen
* When Someone you know has Dementia- June Andrews
* The Woman who changed her brain: and other inspiring stories of pioneering brain transformation- Barbara Arrowsmith-Young
* A Year’s worth of Yellow- Emma Rose Sparrow
* Younger Brain, sharper mind: a 6-step plan for preserving and improving memory and attention at any age- Eric Braverman
* Your Brain on Nature: the science of nature’s influence on your health, happiness, and vitality- Eva M. Selhub

**Other Reads/Resources**

* Caring for Changes Podcast - BJ Doyle

# [Lessons on Finding Meaning and Passion While Living With Cognitive Decline](https://www.mariashriversundaypaper.com/buddhist-pastor-sharon-lukert-mci/?utm_medium=email&utm_campaign=Fall%20Issue%20No%201%20September%2022%202024&utm_content=Fall%20Issue%20No%201%20September%2022%202024+CID_8f35a64d1c4b7292d16ebb8114029d48&utm_source=Campaign%20Monitor&utm_term=Lessons%20on%20Finding%20Meaning%20and%20Passion%20While%20Living%20With%20Cognitive%20Decline) - Stacey Lindsay

# Surviving Alzheimer’s With Friends, Facebook and a Really Big Glass of Wine, by Dayna Steele

