



# Loving Someone Who Has Dementia: How to Find Hope while Coping with Stress and Grief

*Pauline Boss*

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**Research-based advice for people who care for someone with dementia**

Nearly half of U.S. citizens over the age of 85 are suffering from some kind of dementia and require care. *Loving Someone Who Has Dementia* is a new kind of caregiving book. It's not about the usual techniques, but about how to manage on-going stress and grief. The book is for caregivers, family members, friends, neighbors as well as educators and professionals—anyone touched by the epidemic of dementia. Dr. Boss helps caregivers find hope in "ambiguous loss"—having a loved one both here and not here, physically present but psychologically absent.

- Outlines seven guidelines to stay resilient while caring for someone who has dementia
- Discusses the meaning of relationships with individuals who are cognitively impaired and no longer as they used to be
- Offers approaches to understand and cope with the emotional strain of care-giving

Boss's book builds on research and clinical experience, yet the material is presented as a conversation. She shows you a way to embrace rather than resist the ambiguity in your relationship with someone who has dementia.

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In this era globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. The book that recommended for your requirements is Loving Someone Who Has Dementia: How to Find Hope while Coping with Stress and Grief this publication consist a lot of the information with the condition of this world now. This particular book was represented how do the world has grown up. The dialect styles that writer use to explain it is easy to understand. The particular writer made some research when he makes this book. Honestly, that is why this book ideal all of you.

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