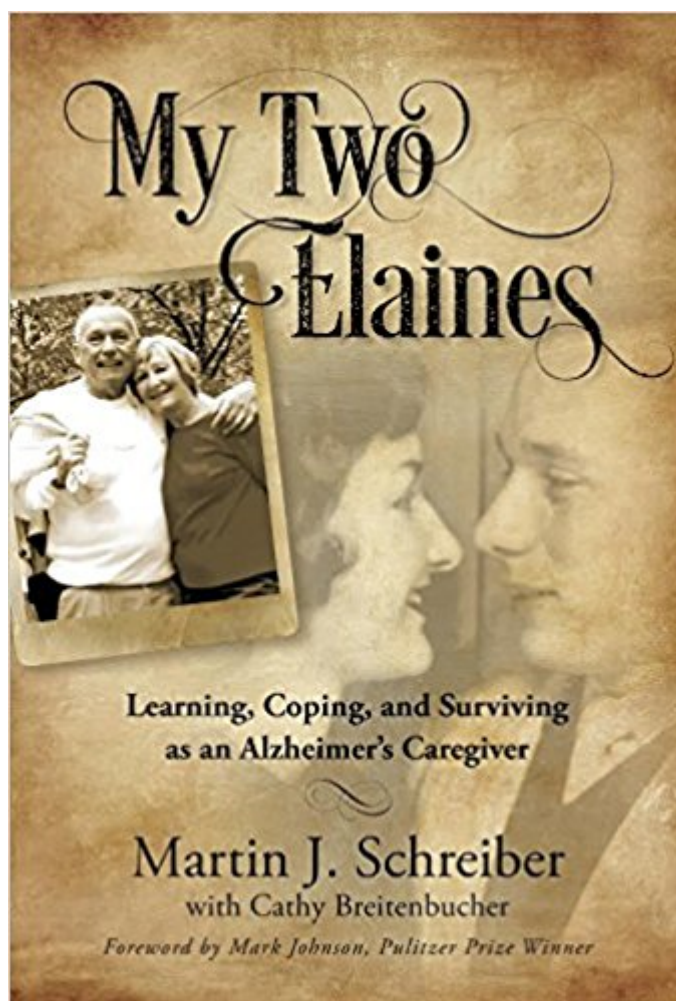


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# My Two Elaines: Learning, Coping, And Surviving As An Alzheimer's Caregiver



## Synopsis

Former governor of Wisconsin Marty Schreiber has seen his beloved wife, Elaine, gradually transform from the woman who had gracefully entertained in the Executive Residence to one who sometimes no longer recognizes him as her husband. In *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver*, Marty candidly counsels those taking on this caregiving role. More than an account of Marty's struggles in caring for his wife, *My Two Elaines* also offers sage advice that respects the one with Alzheimer's while maintaining the caregiver's health. As two-thirds of those with Alzheimer's are women, he offers special guidance for men thrust into an unexpected job. With patience, adaptability, and even a sense of humor, Marty shows how love continues for his Second Elaine.

## Book Information

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## Customer Reviews

*My Two Elaines* will touch the heart of every caregiver who has given his or her own to a loved one. Marty's story of selflessness and struggle will offer strength for many caregivers across our country who act as everyday heroes. --US Senator Tammy Baldwin  
What this book reminds us is that whatever our differences--our backgrounds, temperament, socioeconomic status, and, yes, even gender--the often difficult experience of caregiving can become a meaningful expression of our humanity and, as it is for Marty Schreiber, of his love for his two Elaines. --Piero G. Antuono, MD, Director, Dementia Research Center, Medical College of Wisconsin; Medical and Scientific Advisory Panel, Alzheimer's Disease International  
Marty Schreiber has written a book that will prove to be

invaluable to the Alzheimer's community. His personal experience (and wisdom gained) as a caregiver is shared in such an honest and impactful way that it should be mandatory reading for all individuals who step forward to serve in this capacity. In addition, this book will inspire all of us who are committed to the vision of the Alzheimer's Association: a world without Alzheimer's. --David Simbro, Senior Vice President, Northwestern Mutual; National Board Member, Alzheimer's Association

Martin J. Schreiber served as governor of Wisconsin after being elected three times to the state senate and twice as lieutenant governor. He has become the state's most visible spokesperson on behalf of Alzheimer's caregivers. Cathy Breitenbucher is an award-winning journalist and author.

I think this is a great book for someone who just found out a loved one is battling Alzheimer's, the family and close friends, and definitely the main caregiver. He has a lot of good points to help with the transition.

A brilliant, concise story of the ravages of Alzheimer's on patients and caregivers. Beyond how to and what not to into the conceptual understandings that have to precede what becomes the routine of disordered lives.

Good book to help those who have a family member with Alzheimer's.

Really Love it!

This is a beautifully written book. I recommend it highly for anyone caregiving a spouse, parent, etc. My father had Alzheimers and I can relate to what Martin wrote in this book and I used that knowledge I learned thru my experiences with my dad to help other people going thru it. Also worked with our awesome local Milwaukee Alzheimers organization . Thank you for writing this book.

Wonderful book....everyone should read this. Not only if personally involved with the disease but for knowledge of a world wide health problem.

Mr. Schreiber, thank you for writing this book. I'm in the financial services business and you sharing

your experiences helps me be better prepared for the time when my clients start to show signs of dementia. Thank you again. Patrick Bradley

As a caregiver for 9 years of my husband with Alzheimers, I have just about read every book there is about the disease. This is the first book I read that profoundly touched me and gave me courage and insight into my own struggles. I wish I had it sooner in my journey.

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Triumphant: How to overcome stress and thrive in your role as a family caregiver  
The Alzheimer's Medical Advisor: A Caregiver's Guide to Common Medical and Behavioral Signs and Symptoms in Persons with Dementia  
Dr Ruth's Guide for the Alzheimer's Caregiver: How to Care for Your Loved One without Getting Overwhelmed – and without Doing It All Yourself  
The Alzheimer's Advisor: A Caregiver's Guide to Dealing with the Tough Legal and Practical Issues  
The Dementia Caregiver: A Guide to Caring for Someone with Alzheimer's Disease and Other Neurocognitive Disorders (Guides to Caregiving)  
Alzheimer's Disease and Other Dementias - The Caregiver's Complete Survival Guide  
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A Possible Miracle: A Caregiver's Experience Coping With Her Husband's Struggle Through Pancreatic Cancer, Liver Disease and a Liver Transplace  
A Caregiver's Story: Coping with A Loved One's Life-Threatening Illness  
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The Alzheimer's Prevention Food Guide: A Quick Nutritional Reference to Foods That Nourish and Protect the Brain From Alzheimer's Disease  
Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger  
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Coping with an Organ Transplant: A Practical Guide (Coping With Series)  
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