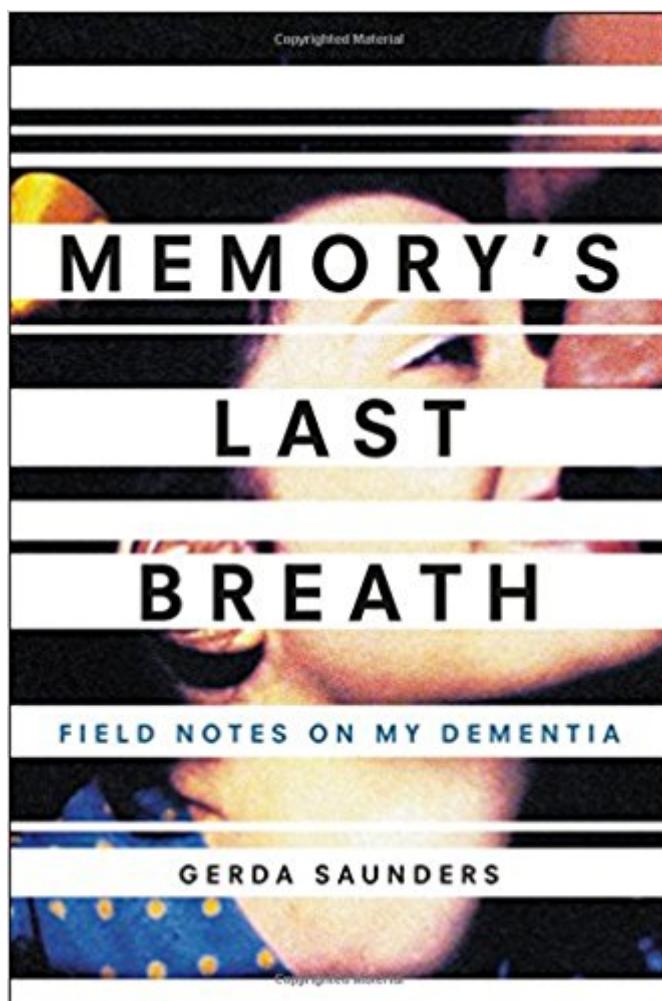


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Memory's Last Breath: Field Notes On My Dementia



Synopsis

"For anyone facing dementia, [Saunders'] words are truly enlightening.... Inspiring lessons about living and thriving with dementia."---Maria Shriver, NBC's Today ShowA "courageous and singular book" (Andrew Solomon), Memory's Last Breath is an unsparing, beautifully written memoir--"an intimate, revealing account of living with dementia" (Shelf Awareness).Based on the "field notes" she keeps in her journal, Memory's Last Breath is Gerda Saunders' astonishing window into a life distorted by dementia. She writes about shopping trips cut short by unintentional shoplifting, car journeys derailed when she loses her bearings, and the embarrassment of forgetting what she has just said to a room of colleagues. Coping with the complications of losing short-term memory, Saunders, a former university professor, nonetheless embarks on a personal investigation of the brain and its mysteries, examining science and literature, and immersing herself in vivid memories of her childhood in South Africa.

Customer Reviews

"The book is remarkable not only for its fiercely honest, sometimes-poetic portrayal of mental decline, but also for the way the author effectively celebrates 'the magisteria of a mind'.... A courageous, richly textured, and unsparing memoir."Ã¢â ¢Kirkus Reviews (starred review)"[A] deeply emotional and humbling memoir...a work of breathtaking defiance."Ã¢â ¢Booklist (starred review)

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