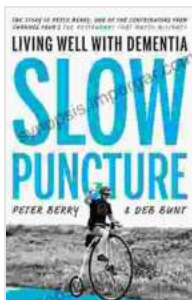


# Slow Puncture: Living Well with Dementia

In her moving and insightful memoir, *Slow Puncture*, Jane E. Brody shares her personal journey with dementia. Brody, a Pulitzer Prize-winning health columnist for *The New York Times*, was diagnosed with Alzheimer's disease in 2017. In this book, she chronicles her experiences with the disease, from the early symptoms to the challenges of daily life. Brody also provides practical advice and inspiration for others who are facing similar challenges.

Brody's writing is honest and unflinching, but it is also full of hope and humor. She shares her struggles with memory loss, confusion, and disorientation with candor and grace. But she also finds joy in the small moments, and she celebrates the love and support of her family and friends. *Slow Puncture* is a must-read for anyone who has been affected by dementia.



## **Slow Puncture: Living Well With Dementia** by Deb Bunt

★★★★★ 5 out of 5

Language	: English
File size	: 3706 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 159 pages
Lending	: Enabled

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Here is an excerpt from the book:



***“I have always been a planner. I like to know what's going to happen next. But dementia has turned my life into a series of surprises. I never know when I'm going to forget a name, or get lost in my own neighborhood, or say something that doesn't make sense. It's like driving on a road with a slow puncture. You know you're going to have to stop eventually, but you don't know when. And when you do stop, you don't know how long you're going to be there.***

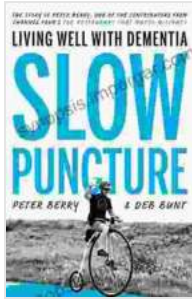
***But even though dementia is a difficult journey, it's not all bad. I've learned to live in the moment, and to appreciate the simple things in life. I've also learned that I'm not alone. There are millions of people living with dementia, and there are many resources available to help us.***

***I hope that my story will help others who are facing similar challenges. I want them to know that they are not alone, and that there is hope. Even in the face of dementia, we can still live well.”***

Slow Puncture is a valuable resource for anyone who is affected by dementia, whether as a patient, a caregiver, or a family member. Brody's insights and experiences will provide comfort and support to those who are struggling with this devastating disease.

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