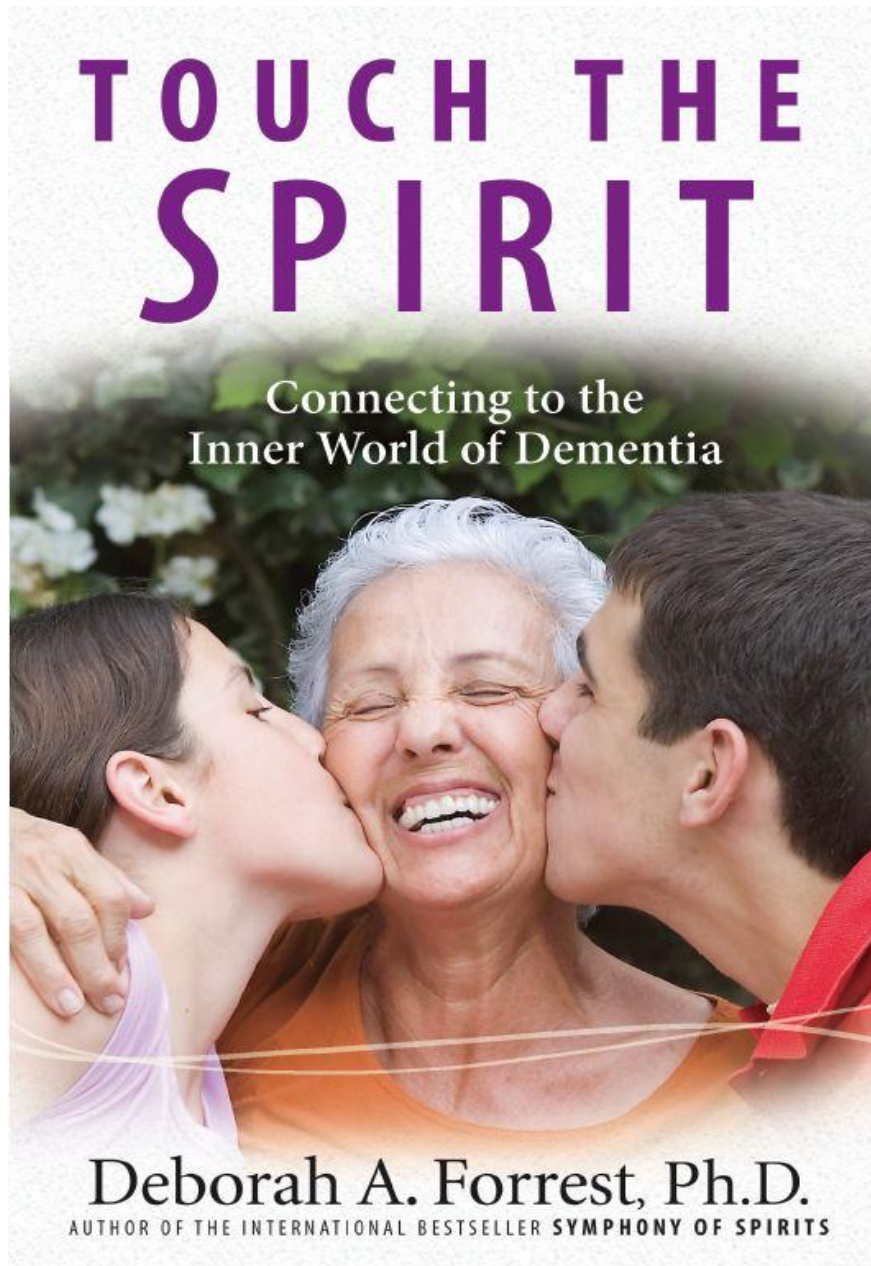


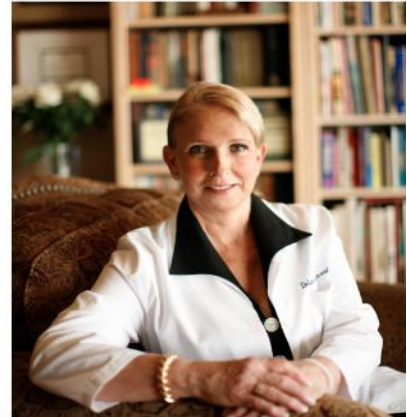
For Immediate Release:



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TOUCH THE SPIRIT - Connecting to the Inner World of Dementia

Deborah
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PSYCHOLOGIST, AUTHOR, SPEAKER



More than five million Americans suffer from Alzheimer's, the sixth leading cause of death in the United States, and, yet, many of us don't know how to react, let alone help, when this disease strikes our loved ones.

In **TOUCH THE SPIRIT**, <http://www.drdeborahforrest.com/books.shtml>, Dr. Deborah Forrest peels away the stereotypes and assumptions in order to explore and explain how we, the families, can offer and provide means of comfort, and, most importantly, human and mental contact with our loved ones afflicted with dementia.

Through entertaining and enlightening stories of hope and success, Dr. Forrest reminds us how the most simple acts, such as poetry, art, animals, and music, can open a channel of connection with those lost to time and reconnect with their souls. In addition, **TOUCH OF SPIRIT** covers the research and progress being made toward dementia prevention, because, an informed person is a prepared person. We must understand what medicines are effective, and how spirituality can play a major role in providing relief and comfort to all concerned.

TOUCH THE SPIRIT is also about the caregivers, the families, and Dr. Deborah Forrest offers informative ways to combat the inevitable stress we suffer, as well as means to improve our health and enrich our spirits. We can't care for those who need us if we aren't physically and mentally capable of being there for them.

TOUCH THE SPIRIT is much more than a professional overview of dementia; it is about restoring humanity and uplifting the bond that exists between human beings. It is about life, family, and most of all...love.

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BIOGRAPHY:

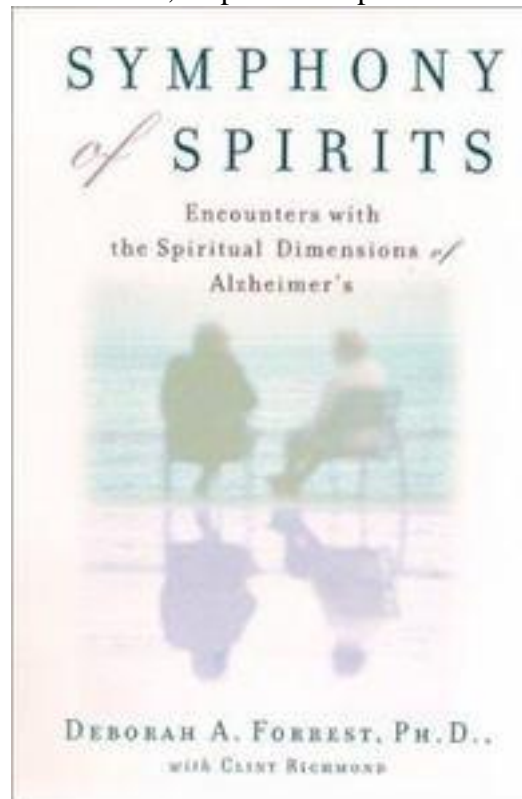
Dr. Deborah Forrest holds degrees in Nursing from St. Mary's Hospital Nursing School, Knoxville, TN (RN); Georgia State University, Atlanta, GA (BSN); and The Pennsylvania State University, State College, PA (MSN) and degrees in Clinical Psychology from The Fielding Graduate Institute, Santa Barbara, CA (MA & PhD). She has worked as a Peri-Operative Educator and Manager in several academic medical centers in the Southeast; as a Nursing Director in a Texas psychiatric hospital; and as a Biomedical Researcher and Clinical Affairs Consultant to several Fortune 100 Corporations.

In 1990, shortly after her return to graduate school for her doctorate in clinical psychology, Dr. Forrest began an association with Dr. Elisabeth Kubler-Ross. That association led to her dissertation research project with Dr. Kubler-Ross's final grief workshops before her retirement. Immediately following the completion of her doctoral degree program, Dr. Forrest completed a one year post-doctoral fellowship at the University of Kentucky's Alzheimer's Disease Research Center & Sander's Brown Center on Aging where she continued to expand her knowledge of gerontology and the diseases of aging. She has published extensively in professional and technical journals in various fields of medicine and health, and has taught and lectured in her fields of specialization – aging, dementia and spirituality, bereavement and bone marrow cancer. Since 1987 she has been repeatedly listed among the Who's Who in Professional & Executive Women.

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Best-Selling Author

Dr. Forrest became a best-selling author with the publication of her book *Symphony of Spirits: Encounters with the Spiritual Dimensions of Alzheimer's* (St. Martin's Press, 2000). In 2002 she was invited by the Johnson & Johnson/Rosalyn Carter Institute Caregiver's Program of Experts Panel to speak on the topic of "Faith and Spirituality". As a best-selling author and speaker Dr. Forrest continues to conduct lectures and presentations on aging, dementia and spirituality. Each presentation is designed to entertain, inspire and replenish the audience.



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PRAISE FOR DEBORAH FORREST and TOUCH THE SPIRIT

“Dementia, in its many forms, remains all too common in our world. Touch the Spirit is one of the best books on staying connected to someone with dementia. Inspiring, clearly written and authoritative, this book is highly recommended.”

~ Larry Dossey, M.D., author of *The Power of Premonitions and the One Mind*

“Deborah Forrest can teach you how to care for and be with a loved one with dementia. She knows the science and considers the mysterious and the spiritual. Plus, she writes as though she were having a conversation with you.”

~Thomas Moore, Ph.D., author of *Care of the Soul*

“Deborah Forrest’s *Touch the Spirit* is the most comprehensive, ground-breaking book on dementia I have ever read. I lost my father 2 years ago to the disease and when I read “the gift of profound dementia, especially the Alzheimer’s type, is that nothing said to the person will be registered in the person’s physical memory banks. It will be remembered in the soul’s registry of life events” I felt like it was a message from my father telling me that no moment had been wasted. Her deep understanding of the many forms of dementia will be of great value to the millions of people whose lives will be affected by this confounding disease.”

~Catherine Oxenburg, Actress & CEO of Holy Cow Productions

“Deborah Forrest is not only a valuable Clinical Psychologist, nurse and lecturer, but a true humanist who is able to get her outstanding qualities of understanding the concepts of dementia, communication and the importance of the soul into a book that produces a needed resource of great human value. She is brave to help bridge the gap between dementia and the metaphysical heart, and how to understand their connection. She displays knowledge of the metaphysical heart that extends beyond its physical dimensions. There is a generous measure of wit, whimsy, attention to detail and instruction in her words. I feel this is her best book yet. It adds a seasoned and creative voice to the fields of medicine, nursing, clinical psychology and other caring professions. It is no passing book, but one that should be put on the top shelf and remain there.”

~ David Morris, M.C., Board Certified Family Practice Physician and Credentialed HIV Specialist, American Academy of HIV Medicine

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“Dr. Forrest has provided a much needed book for both caregivers and professionals in dealing with the many facets of dementias. She thoroughly and eloquently describes an array of illnesses that can result in cognitive decline. She has successfully blended practical information, research issues, and detailed descriptions of issues related to cognitive decline to help readers apply this knowledge. Additionally, she speaks to the very import issue of the spiritual aspects of dementing illnesses, an aspect that is too often overlooked. This book provides a wealth of information to anyone interest in learning more about the many faces of dementia and some of the current research questions that need to be pursued in the quest to unravel the ongoing mystery of cognitive impairment and decline.”

~ Linda Blazina, Ph.D., Clinical Psychologist Private Practice, co-author of “The Psychopathology of Dementia” in Handbook of Dementing Illnesses

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Questions

Q) When should *a family seek a medical* assessment of a loved one?

Q) Can we become overprotective to the point of inhibiting progress, and how do we know when we are?

Q) Many like to believe they can and will care for their loved ones to the end. Sometimes that just isn't possible. When should a person surrender that the condition has become more than they can handle?

Q) What sparked your interest in helping people to cope with dementia?

Q) There are hundreds of thousands of cases of people under 65 afflicted with dementia. What signs should we watch for in, as an extreme example, in people under 30?

Q) How can art, a visual medium, stimulate an open channel of contact?

Q) You believe strongly in the power of spirituality. Where did this unwavering belief come from?

Q) What do you do to prepare yourself for helping families under stress?

Q) Discrimination does exist against the elderly, especially when dementia is involved. How can a family help counter the negative effects?

Q) Of all the books available on dementia, why should readers buy TOUCH THE SPIRIT?

Q) How important are pets to those afflicted with dementia?

Q) What additional advice from your book would you like to share?