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TITLE INFORMATION

TOUCH THE SPIRIT

Connecting to the Inner World of Dementia

Forrest, Deborah A.

Butter Lamp Books (222 pp.)

\$16.99 paperback, \$7.99 e-book

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BOOK REVIEW

A compelling new way of understanding how to interact with a loved one who is living with dementia.

A loved one who is living with any type of dementia may seem vacant at times, but, Forrest (*Symphony of Spirits*, 2000) says, we can still speak to their souls, “the deepest part of the self.”

This digestible book, Forrest’s second one on spirituality and dementia, will aid in understanding how to interact with someone who is living with a brain disorder that is caused by either a degenerative neurological disease or a traumatic brain injury. Interspersed with background information on the types of disorders that can cause dementia, the book provides how-to tips for strengthening the brain and memory. For instance, Forrest encourages people of all ages to eat antioxidant rich foods such as blackberries, strawberries and green vegetables, as well as to participate in activities like dancing and listening to and playing music to help keep the brain stimulated and active. These tips as well as others found in the book are beneficial to anyone who is seeking dementia prevention measures for themselves. She points to the dementia caregiver as the “unsung hero” and routinely reminds anyone in that position not to ignore his or her own needs while caring for a loved one. In addition to her solid academic and professional foundation in cognitive behavioral issues with a Ph.D. in clinical psychology and time spent as a psychologist and Registered Nurse in various clinical settings, Forrest also has personal experience with traumatic brain injuries and various types of dementia. She experienced her own traumatic brain injury during a motor vehicle accident, and she acted as a caregiver for many family members who had different forms of dementia as well as her husband who was diagnosed and treated for a bone marrow cancer. Though her background is both academic and clinical in nature, the writing is highly comprehensible and easily readable for general audiences, and the personal anecdotes sprinkled throughout the book add a layer of humanity and humility.

A heartwarming, educational book for those at risk for dementia and those already afflicted, as well as for their loved ones and the intellectually curious.

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