

The Majesty of Your Loving

by Olivia Ames Hoblitzelle

Review by Paul Raia, PhD—VP of Patient Care and Family Support

This beautiful book by Olivia Ames Hoblitzelle is unlike any other personal account of living with Alzheimer's disease that I have ever read before. After thirty years of practice in this field, *The Majesty of Your Loving* changed the way I think about Alzheimer's disease and how I work with the patients and families who are living with dementia.

Grounded in a savory blend of Zen philosophy and humanistic psychology, nicely peppered with practical advice, the book's message is that Alzheimer's can bring an array of gifts to our lives, if we only turn our minds to perceive them.

Within the eleven chapters of this book, the author finds how through giving and

accepting care she, and her husband Hob, experience the "six perfections:" patience, generosity, discipline, diligence, contemplation, and wisdom. Each chapter focuses on a personal milestone on their journey together with this disease, but unlike other personal account books that are so "couple-centric" that they are not useful to others, this book takes personal experiences and puts them in a context that can be applied to most cases. Following each chapter is a section on reflections and suggestions for coping.

This book is more than just epiphany evoking, it offers patients and families practical insights into how they can live their love for one another and derive

meaning from amidst the chaos of mind robbing illness.

I urge everyone who would like a glimpse of life with dementia in a completely new form, professionals and care partners, and even those who are just seeking an elegantly written love-story, to read this book.

The Majesty of Your Loving by Olivia Ames Hoblitzelle will be available in January from our Association bookstore. Price \$16.95 (plus \$3.00 postage/handling). Send orders to Alzheimer's Association, 311 Arsenal Street, Watertown, MA 02472)