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-- For immediate release --

### **Inspiring Approaches for Dealing with Alzheimer's**

The abundance of recent publicity about Alzheimer's indicates how hungry the public is for innovative ways to handle this heart-breaking illness. With five million cases nationwide and seventy million aging baby-boomers, staggering numbers of people are touched by this disease, either directly or indirectly. Olivia Hoblitzelle, author of *The Majesty of Your Loving: A Couple's Journey with Alzheimers*, provides practical as well as spiritual insights on how to transform the experience of Alzheimer's.

Hob and Olivia Hoblitzelle shared a rich background in psychology, Buddhist practice and the wisdom traditions. Hob, ordained a Dharmacarya (senior teacher) by Thich Nhat Hanh, negotiated his illness with a rare combination of wisdom and humor. The author shares the inspirations that sustained them throughout the journey, and how their experience was predominantly one of growing in wisdom and deepening in love. This profound and courageous memoir provides both hope and practical approaches to anyone dealing with mental loss or diminishment of any kind.

*The Majesty of Your Loving* has been enthusiastically endorsed by such well-known author/teachers as Jack Kornfield (*After the Ecstasy the Laundry*), Roshi Joan Halifax (Founder/Director Upaya Zen Center), Joan Borysenko (President, Mind-Body Health Sciences) and Peter Matthiessen (*The Snow Leopard*). They emphasize the promising, heartening and compassionate themes of this timely memoir.

**Olivia Ames Hoblitzelle**, writer, teacher, and therapist, taught for many years in the field of Behavioral Medicine where she pioneered the integration of meditation, yoga, and cognitive therapy with traditional Western medicine. She developed training programs in new approaches to health and healing which she taught through Harvard Medical School.

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