



Caring for a Loved One with Dementia: A Mindfulness-Based Guide for Reducing Stress and Making the Best of Your Journey Together

Marguerite Manteau-Rao

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If you're caring for a loved one with dementia, you know firsthand the challenge of providing care while maintaining your own well-being. *Caring for a Loved One with Dementia* offers a compassionate and effective mindfulness-based dementia care (MBDC) guide to help you reduce stress, stay balanced, and bring ease into your interactions with the person with dementia.

In this book, you'll learn how to approach caring with calm, centered presence; respond to your loved one with compassion; and maintain authentic communication, even in the absence of words. Most importantly, you'll discover ways to manage the grief, anger, depression, and other emotions often associated with dementia care, so you can find strength and meaning in each moment you spend with your loved one.



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