



# Take Your Oxygen First: Protecting Your Health and Happiness While Caring for a Loved One with Memory Loss

*Leeza Gibbons, James Huysman PsyD LCSW, Rosemary DeAngelis Laird MD*

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## **Take Your Oxygen First: Protecting Your Health and Happiness While Caring for a Loved One with Memory Loss** Leeza Gibbons, James Huysman PsyD LCSW, Rosemary DeAngelis Laird MD

Designed for those giving care to individuals with Alzheimer's disease and other memory loss disorders, this informative and inspiring guide explores how to take care of oneself in order to meet the challenges of giving care to another. Heartfelt, candid accounts by television host Leeza Gibbons and the members of her family—who cared for Leeza's mother, Jean, for more than a decade after her Alzheimer's diagnosis—are combined with current medical, nutritional, psychological, and spiritual information and advice for caregivers. A comprehensive resources section and photo scrapbook of Leeza and her family are also included.

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