



# **A Daughter's Diary: One Woman's Journey With Her Mother's Dementia**

*Julie Hayden*

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An epidemic is about ready to break out in our nation - Alzheimer's and dementia are attacking Baby Boomers like never before. This is my story of walking this path with my mother. I'm part of the sandwich generation. We are "sandwiched" between caring for our children and caring for our parents. As part of this growing group, we face huge challenges of balancing the needs of both our parents and children, as well as our own. As you read this raw account of my family's journey with dementia, I hope that you will be better equipped and prepared should you face similar issues with your family or loved ones.

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The book A Daughter's Diary: One Woman's Journey With Her Mother's Dementia has a lot info on it. So when you check out this book you can get a lot of gain. The book was written by the very famous author. Mcdougal makes some research previous to write this book. This particular book very easy to read you can obtain the point easily after reading this book.

#### **William Perrotta:**

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