



***Choosing Joy Alzheimer's: A Book Of Hope* by Helene Berger** Available at Amazon & goodreads.com.

Choosing Joy by Helene Berger is a book of hope, a personal journey from a woman who was determined to stay positive in the face of her husband's diagnosis, and an inspiration to other caregivers. Helene Berger began this book unwittingly, pieced together from a journal she began keeping after her husband advanced diagnosis with Alzheimer's. It describes her real life experiences the mistakes and the successes that allowed the couple to build the best life possible in the face of this terrible illness.