


HELENE BERGER SPEAKING & MEDIA EVENTS FOR CHOOSING JOY

www.HeleneBerger.com



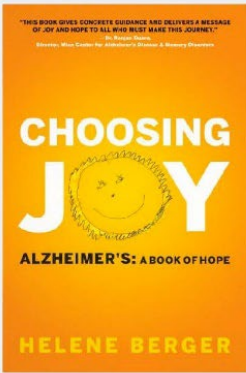
Speaking Engagements

Greater Miami Jewish Federation Board of Directors - Miami, FL - 4/30/19



THE PLAZA HEALTH NETWORK FOUNDATION
CORDIALLY INVITES YOU TO HEAR

THE POWERFUL STORY OF A COUPLE
WORKING TOGETHER TO LIVE FULLY
IN THE FACE OF ALZHEIMER'S,
GIVING HOPE TO CAREGIVERS EVERYWHERE



YOU'RE INVITED!

Please join us for an inspiring conversation with Helene Berger about her new book

CHOOSING JOY
ALZHEIMER'S: A BOOK OF HOPE

Monday, May 6, 2019
5:30 - 7:30 pm
University Plaza
724 NW 19th Street, Miami

Valet parking at University Plaza will be available. Entrance at 725 NW 18th Terrace

Event is free. Limited seating available.
Books available for sale and signing.
RSVP by emailing
kschwartz@plazahealthnetwork.org

Plaza Health Network

Miami, FL - 5/6/19

Shakespeare & Co - Lenox, MA - 6/23/19

Special Talk & Book Signing - After the 3pm *The Waverly Gallery* matinee, Helene Berger will talk about her book, *Choosing Joy*, her personal journey in the face of her husband's diagnosis with Alzheimer's.

Knesset Israel Congregation - Pittsfield, MA - 8/17/19

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Speaking Engagements - *Continued*

BOOKS & BOOKS

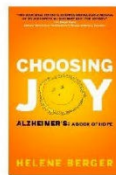
Your Locally-Owned Independent Bookseller

Meet

HELENE BERGER

discussing

Choosing Joy: Alzheimer's: A Book of Hope



Saturday, May 11, 7 pm

Books & Books, Coral Gables

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 in the process became an inspiration to other caregivers.

Helene Berger began this book unwittingly, pieced together from a journal she began keeping after her husband Ady's 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.

Books & Books

Coral Gables, FL - 5/11/19

Women's Cultural Alliance – Naples, FL (via Zoom) – 8/13/20

The Mount (home of Edith Wharton) - Lenox, MA - 8/29/19

Berkshire Jewish Federation @ Hevreh - Great Barrington, MA - 9/20/19

Transcending a devastating disease through exploration and discovery

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Speaking Engagements – Continued



CONVERSATIONS *with* CAREGIVERS

Education and Support for Patients, Caregivers, Clinicians

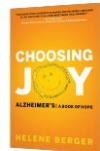


Tuesday, July 21, 2020 | 5:30PM

The Dementia Care Collaborative welcomes author and activist, **Helene Berger**. An inspirational speaker, Helene will share the story of the journey she and her husband, Ady, took together after his Alzheimer's diagnosis. With strength and vulnerability, Helene shares the creative and practical ways she and Ady worked together to make every moment they had together meaningful and precious.

"This book gives concrete guidance and delivers a message of joy and hope....I recommend it to any family struggling with Alzheimer's or dementia."

- Ranjan Duara, MD Medical Director, Wien Center for Alzheimer's Disease and Memory Disorders, Mount Sinai Medical Center, Miami Beach



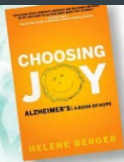
THIS IS A VIRTUAL EVENT

Please contact **Norie Mozzone** at nmozzone@mgh.harvard.edu or 617-724-0406 with questions.

**Massachusetts General Hospital
Division of Palliative Care and Geriatric Medicine
Dementia Care Collaborative (via Zoom)
Conversations with Caregivers – Boston, MA
7/21/20**



Division of Palliative Care and Geriatric Medicine



First 20 Registrants will receive a **FREE** copy of Helene's book "Choosing Joy: ALZHEIMER'S: A Book of Hope"
Additional copies will be available for purchase.



Choosing Joy

ALZHEIMER'S: A Book of Hope

Presented by Helene Berger, Inspirational Speaker, Activist and Author



Most accounts of Alzheimer's disease describe a process of irreversible degeneration and decline. *Choosing Joy* is a book of hope.

Join us as we welcome Helene Berger, who will share her story of the journey she and her husband, Ady, took together after his Alzheimer's diagnosis. With strength and vulnerability, Helene shares the creative and practical ways she and Ady worked together to make every moment they had together meaningful and precious.

Want to learn more about Helene?
Visit her website at HeleneBerger.com

Join us for a **FREE** Educational Webinar

Tuesday, November 10th
6:00 p.m.

To Register
754-200-2469
TheArtisWay.com/DavieEvents

Please Register By Friday, November 6th

Helene is offering an ARTIS only discount on all book purchases through November 15th.
For more information on how to get your copies, call or register today!

**ARTIS Senior Living – Davie, FL (via Zoom)
11/10/20**

Virtually Hosted By Artis Senior Living of Davie: 2794 S. Flamingo Road, Davie, FL 33330
Check out our other nearby community in Boca Raton.
Assisted Living Facility License AAL13320



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Speaking Engagements – Continued


FAN MEMBERS CREATE

Book Presentation

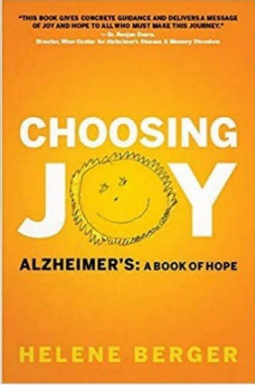
A series to celebrate the creativity of fellow members of Funding Arts Network.

Virtual Event
11/18/20 11 AM

Register now at
www.fundingartsnetwork.org



Helene Berger
Author



Upcoming Events:
December 3 - FAN Presents: Sam Hyken and Jacomo Bairos of NuDeco
December 15 - *Places I Remember: Tales, Truths and Delights from 100 Countries* by Lea Lane

Funding Arts Network (FAN) – Miami, FL (via Zoom) – 11/18/20



Experts Dig In With

Doggies for DEMENTIA

with Guest Helene Berger
Family Caregiver & Author
Choosing Joy-Alzheimer's:
Book of Hope
Part ONE

Doggies for Dementia Foundation Parts ONE and TWO (via Zoom)
01/06/21 & 1/13/21

Experts Dig in with Doggies for Dementia in a 2-Part Series with Guest Helene Berger

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Television Interviews



**WGBH-TV, PBS affiliate for New England
Host: Carrie Saldo – 6/6/19**

Author Helene Berger shares how she coped with her husband Ady's Alzheimer's diagnosis by finding joy in the little moments.

CBS Boston Evening News - WBZ-TV – Hosts: Paula Ebben & Liam Martin - 6/13/19



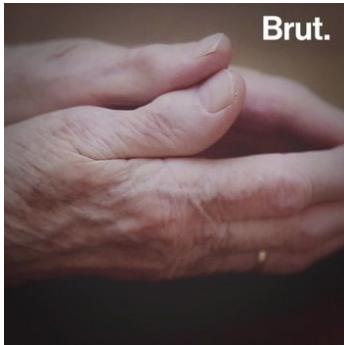
CBS TV Evening News – Miami – Hosts: Rudabeh Shahbazi & Elliott Rodriguez – 11/22/19

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Video Interview



NYC for Brut Media – New York, NY - Host: Adeline Bailleul – 5/21/19
[How a Couple Found Joy in The Face of Alzheimer's](https://www.brut.media/us/news/how-a-couple-found-joy-in-the-face-of-alzheimers)

<https://www.brut.media/us/news/how-a-couple-found-joy-in-the-face-of-alzheimers>



Blogpost

"All of us thrive on praise and support. It is crucial that we understand that we are not powerless. Our actions and our attitude can and will make a difference."
Helene Berger

AlzAuthors.com

8/4/2020

<https://alzauthors.com/2020/08/04/helene-berger-alzheimers-memoir/>



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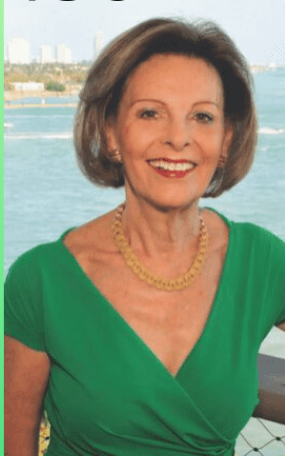


Podcast/Web Interviews

Agewyz – Florida - Host: Jana Panarites - 5/9/19

Episode 169 – Choosing Joy: How One Couple Reframed Alzheimer's

Feminine Roadmap EPISODE 102



*Alzheimer's: A Story of Hope
with Helene Berger*

Feminine Roadmap – California
Host: Gina Farrar
6/7/19

Moments with Marianne - iHeartRadio – Host: Marianne Prestada – 6/26/19

Fading Memories - Host: Jennifer Fink – 4/7/20



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Radio Interviews

WARA 1320 AM – Attleboro, MA - Host: Paul Healy – 5/30/19

Conversation Live – Host: Cyrus Webb – 6/5/19

<https://www.blogtalkradio.com/conversationslive/2019/06/05/author-helene-berger>

CHVN 95.1 FM – Winnipeg, MB, Canada – Hosts: Colleen Houde & Mike Thom – 6/10/19

<https://www.chvnradio.com/articles/choosing-joy-a-caregiver-s-guide-to-living-with-hope>

WHBY-AM Fox – Wisconsin - Host: Dave Edwards – 7/16/19

Inspirational Women - KRWM-FM Warm106.9 – Seattle, WA - Host: Kate Daniels – 7/23/19

Weekly podcast that features women who are leaders in their field, entrepreneurs, authors or women carving new paths in education, the environment, charities, crime prevention, health care, domestic issues, and youth outreach.

https://heleneberger.com/wp-content/uploads/2019/09/WOMEN8-11-19_fihz.mp3

Growing Bolder Radio Show – WMFE-FM 90.7 – Central Florida - 7/29/19

Helene's interview starts at 16:22

<https://www.wmfe.org/growing-bolder-olivia-newton-john-helene-berger-barbara-corcoran-steven-taibbi/141309>

Here's to Your Health with Joshua Lane - KCAA 102.3 FM & KMET 1490 in California/KTHO 96.1 FM in Nevada/KMIN 104.3 FM & KDSK 92.7 FM in New Mexico – 5/28/19

<https://heleneberger.com/wp-content/uploads/2019/06/HTYH-Helene-Berger-204.mp3>

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Radio Interviews - *Continued*

Seniors Rock Radio Show – WYSL 1040 AM - Rochester, NY – Host: Joanna Palvino - 8/27/19

<https://heleneberger.com/wp-content/uploads/2019/09/warp-radio-audio.mp3>

The Gary Rivers Show – WHBC-AM – Cleveland, OH – 8/21/19

<https://www.whbc.com/choosing-joy-a-better-way-to-live-with-alzheimers/>

WMHQ - 90.1 FM – Malone/Massena, NY & Cornwall, ON – Host: Dawn Sessler – 8/8/19

Part 1: <https://heleneberger.com/wp-content/uploads/2019/09/0903-Alzheimers-Part-1.mp3>

Part 2: <https://heleneberger.com/wp-content/uploads/2019/09/0904-Alzheimers-Part-2.mp3>

The Healthy Aging Show - nationally broadcast on Sirius XM – Host: Dr. Michael Perskin – 9/23/19

First Light - nationally broadcast radio show – Host: Michael Toscano – 10/23/19

Highly anticipated radio interview on First Light with Michael Toscano...this interview took place on October 23 and was held for a nationally broadcasted "special end of the year series on special people with special stories"!

<https://heleneberger.com/wp-content/uploads/2020/02/Helene-Berger-FIRST-LIGHT-1-17-20.mp3>

Rodger That Radio Show

<https://www.rodgerthat.show/upcoming-epis/8pc8egukfopdq90hieenh7xz8ioecq>

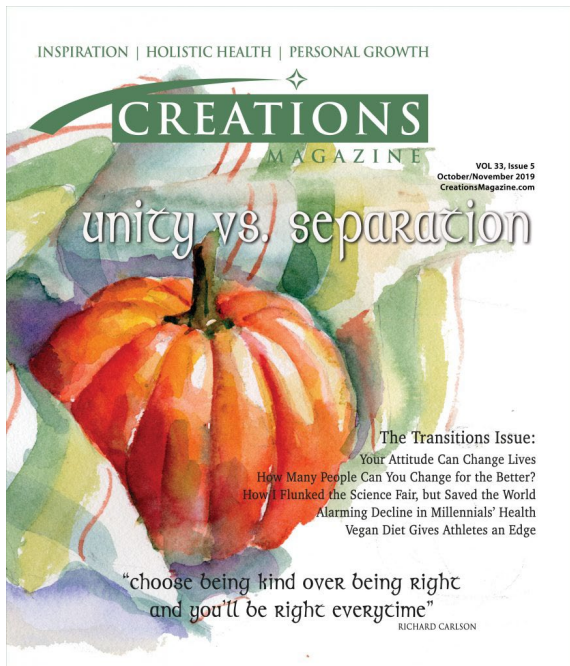


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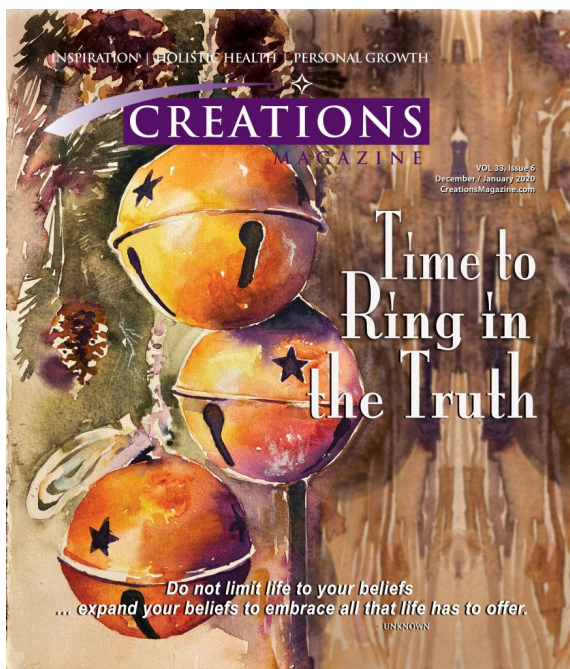
Magazine Articles



Creations Magazine – October/November 2019

Your Attitude Can Change the Life of Your Loved One – and Your Own! – article written for the magazine by Helene Berger

<https://heleneberger.com/wp-content/uploads/2019/11/Creations-magazine.pdf>



Creations Magazine – December/January 2020

Ten Tips to Care for Yourself While Caring for Someone Else

<http://www.creationsmagazine.com/2019/12/01/ten-tips-to-care-for-yourself-while-caring-for-someone-else>

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Magazine Articles - *Continued*



Caregiver Solutions Magazine – Spring 2020

Caregiving 911 – Coping with setbacks and emergencies – by Helene Berger

Article starts on page 10: <https://www.bluetoad.com/publication/?m=25315&i=653258&p=0>



Caregiver Solutions Magazine – Summer 2020

Acceptance 101 - Avoiding the trapped feeling – by Helene Berger

Article starts on page 18:

<https://www.bluetoad.com/publication/?m=25315&i=664628&p=18&pre=1>

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Magazine Articles – *Continued*



Experience Life Magazine – November 2020

-Success Stories-

Living with Hope – by Helene Berger

<https://experiencelife.com/article/living-with-hope/>

Health Freedom News – The National Health Federation – December 2019

<https://thenhf.com/2019/12/18/ten-tips-to-care-for-yourself-while-caring-for-someone-else/>

Project Keshar

Supports grassroots organizations in Russia, Ukraine, Belarus, Moldova, Georgia, and Israel, as they develop leadership to advocate, economic self-sufficiency, and women's health. Article translated into Russian, now receiving wide distribution.

English version: [Project Keshar article in English](#)

Russian version: [Project Keshar article in Russian](#)

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Magazine Articles – *Continued*

Canada Cares Caregiver Solutions Magazine, Toronto, Ontario, Canada

<https://www.caregiversolutions.ca/uncategorized/acceptance-101/>

<https://www.caregiversolutions.ca/caregiving/coping-with-setbacks-and-emergencies/>

Foundation for Health Research – December 2019

<https://foundationforhealthresearch.org>

Huffington Post Huffpost INDIA – September 2020 issue

Choosing Joy referenced for several paragraphs towards the end of article

https://m.dailyhunt.in/news/india/english/status+press+follow-epaper-dh161c935e1d6e4334a9f99298ad5d7794/world+alzheimer+s+day+how+we+can+help+those+living+with+the+disease-newsid-dh161c935e1d6e4334a9f99298ad5d7794_af143090fbc011eabcf77b96279b2822



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Book Reviews

NetGalley

karen s, Reviewer



“Wonderful book that is first of its kind that both makes sense, offers practical and emotional support for patients and their caregivers. This book is written with such a rich complexity that it offers more support with the process of taking care of loved ones that can become an overwhelming challenge between family members.”

Well Spouse Association – Mainstay Newsletter - December 2019/January 2020

Reviewed by Dennis Davidow

Many caregivers have told me of the importance of keeping a journal, so that I can reflect upon my journey of taking care of my loved one with dementia. Author Helene Berger was able to use her journal to write a road map of her journey, laying out options to handle the issues that continually develop along the way. It is a well-written, compassionate book about her caregiving experience for her husband, starting before the diagnosis, and continuing through the rebuilding of her life after her husband passes.

Choosing Joy is very easy to read. Berger includes pictures and drawings by her husband that make the book more personal, enabling the reader to be drawn into the life they shared.

There are strategies in the book to give the caregiver more hope and to enable a more positive attitude. Berger hopes that by showing what she did, and the obstacles she overcame, this would help others who are taking care of their loved ones. It must be said that she did have considerable support, particularly from family, which helped her immensely.

I liked the fact that Berger stresses that caregivers must take care of themselves first. Caregivers need respite, assistance, and adult conversation in order to be better equipped to assist their ill spouses.

Living Through Grief After 60

<https://griefsupportover60.com/2019/11/review-of-choosing-joy-alzheimers-a-book-of-hope/>

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Book Reviews – *Continued*

New Spirit Journal

<http://www.newspiritjournalonline.com/choosing-joy/>

Reading Glutton

<https://readingglutton.blogspot.com/2019/05/choosing-joy-by-helen-berger.html>

goodreads

https://www.goodreads.com/book/show/46194784-choosing-joy?from_search=true#other_reviews

Book Talk...A Conversation

<https://treviansbookit.blogspot.com/2019/07/aging-elderhood-and-choosing-joy.html>

Kyrabe Stories

<https://heleneberger.com/wp-content/uploads/2019/12/KYRABE-STORIES.pdf>

A Midlife Wife

<https://amidlifewife.com/choosing-joy-by-helene-berger-alzheimers-a-book-of-hope/>

Berkshire Jewish Voice

<https://jewishberkshires.org/berkshire-jewish-voice-highlights/memoir-excerpt-choosing-joy>

Not Born Yesterday – Books Without Borders

<https://heleneberger.com/2019/09/Choosing-Joy-Alzheimer-books-without-borders.pdf>

Christina's Considerations

<https://thielst.typepad.com/2019/09/book-review-choosing-joy-with-alzheimers.html>

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Amazon Customer Reviews

as of 01/22/2021 – 29 reviews. ALL FIVE STAR

NOTE: While Amazon acknowledges 29 5-star reviews and included them in the past (see below), it seems they now include only those that come from Amazon purchases. Many of the sales have been at speaking events, at first in-person and now virtual. We are attempting to resolve this issue.

<https://www.amazon.com/Choosing-Joy-Alzheimers-Book-Hope/product-reviews>



Choosing Joy: Alzheimer's: A Book of Hope

By [Helene Berger](#)



Arlene D. Schiff

5.0 out of 5 stars More than a book of hope and joy - truly inspirational

July 14, 2019

Verified Purchase

A beautifully written and truly inspiring account that provides a road map not only for how to provide meaningful and transformative care giving, but how to joyfully join in partnership with another person in a way that allows each to grow at the same time strengthening the bond you share. A deeply moving love story that articulates how to turn a devastating medical diagnosis into a period of growth and renewal for the patient, caregiver, family and friends.



HKC

5.0 out of 5 stars Simply Beautiful

June 20, 2019

The wisdom in this book applies not only to caregivers but to all of us, stumbling though the ups and downs of coping with, and enhancing, relationships with our loved ones. Definitely worth reading, highlighting and even rereading pertinent sections.

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Paul Mastin **Top Contributor: Running**

TOP 1000 REVIEWER *5.0 out of 5 stars*

If a loved one or family member is living with Alzheimer's, Choosing Joy is worth your time

May 28, 2019

Helene Berger spent the last years of her marriage to Ady Berger caring for him as he lived with Alzheimer's and its effects. In *Choosing Joy: Alzheimer's: A Book of Hope*, she recounts her experiences and offers a sympathetic voice of comfort, hope, and advice.

The theme that stood out the most to me is the Berger's love and affection for each other. Helen never wavered in her commitment to Ady, and Ady never ceased showing his affection for her, writing her daily notes, always acting as a gentleman when they were out. The disease did not lessen his sweet, loving nature. In her case, even with the changing nature of their relationship, she writes "my love for Ady during those six years not only did not diminish, it actually grew."

Helen's commitment to Ady included not giving up on his ability to grow and fight the effects of the disease. She considered it her mission "to do everything in my power to slow the process of decline and give my husband the greatest fullness of life." Over the years, she saw a "shocking but indisputable improvement in Ady's memory and functioning." Even in the waning months of Ady's life, she saw improvements in his cognition. Her experience, in some ways, contradicts the medical literature on Alzheimer's, but she testifies that due to "constant mental stimulation, love, appreciation, and a nurturing, conflict-free, calm environment" Ady was able to achieve a level of regeneration.

Besides talking about her own experiences and her relationship with Ady, Helen has practical advice for caregivers. She clearly is not a medical professional, and doesn't claim to be, but her insights on diet, exercise, and lifestyle are worthy of consideration. She also has insights on selecting and managing caregivers and home health aids, navigating doctor visits and emergency care, and planning the logistics of day-to-day life.

Helene and Ady may have had a charmed relationship, and they clearly have financial means that many families don't. But no matter what your circumstances or relationship, Helen offers a perspective that caregivers will find worth reading.

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CCarroll

5.0 out of 5 stars The Journey Can Give You Hope and Joy

July 18, 2019

In this new book the author shows us what she learned in her six year journey of being a caregiver for her husband.

The journey it's no different for someone caring for a person with Alzheimer's, heart disease, cancer, any type of traumatic injury or illness. But this journey can give you hope and teach how to deal with the anger and frustration that you may find.

The author learned that caring with a joyful heart was important to her husband. Her belief was "fight the disease. Embrace the journey." This allows you to find ways to help them be the best at where they are now in their journey. It also reminds us that positive reinforcement when they are angry and frustrated can have amazing results.

I love this statement – "people may experience loss of memory, of movement, of balance, of innovations and control, but they know instinctively when they are loved"

This seems odd to think that you can find happiness and joy in doing the most difficult job of your life. Many people say that caring for someone in their final years and final days is the most important time of their life.

I think a lot of this has to do with empowering the patient and allowing them to have a choice and everything that pertains to them. The author talks about dignity and respect and offering choices instead of suggesting and telling people what to do.

It makes sense when we say it that way, but in frustration and times of stress and anxiety, we probably do tend to tell people what to do which causes the other person anxiety and anger.

This book is full of examples of what she learned through years of journaling her thoughts and feelings about the journey. Her husband did remarkable things even with Alzheimer's. This book allows you hope and maybe a different view being the caregiver to someone who is ill.

Berger shares with you information about hiring help, diet, doctors appointments, and so many other tips she learned during her six years plus stint of caretaking. And most importantly, how to give yourselves what you need. Taking care of yourself first allows you to be more capable of taking care of others.

Choosing Joy by Helene Berger is an important book for anyone who is giving care to others. I think it will make an impression on you and maybe help someone you may know and love.

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mama p

5.0 out of 5 stars Must-Read for All Caregivers and a Blessing for Their Loved Ones

June 13, 2019

I just finished reading Choosing Joy by Helene Berger - WOW! I am overwhelmed with emotion after reading this book. This book has the potential of being a life-changer for all caregivers and their loved ones, who are suffering from Alzheimer's or any other disease. The message of this book demonstrates the power of positivity and offers clear, simple strategies for improving the quality of life of both the ones who are suffering from illness and those who love them. This book is a priceless gift to the reader from an author who is a truly beautiful person. I look forward to seeing interviews, podcasts, and articles promoting this huge contribution to the healthcare industry and to all people in general. The context of Choosing Joy has certainly had a great impact on my life. After reading this book, I have gained a better perspective and have become a more empathetic person. I simply cannot express the great significance and importance of this book to the quality of life of all - the sick, their caregivers, children, grandchildren, siblings, parents, friends. While the successful methods outlined in this book may not pertain to everyone, the premise and insights are there for one to adapt to their own unique situation. Don't get discouraged if you do not receive the same results, but please approach with the same attitude of this author. Do yourself a favor...read this book! Almost everyone can relate to it in their life, if not now, then at some time in the future.



Elaine B

5.0 out of 5 stars Amazing insights

May 10, 2019

Can help ANY caregiver make life easier and more pleasant for the caregiver AND the patient. The author reveals what works and what doesn't. An honest, caring and ultimately rewarding experience for the patient!

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GirlintheWindow

5.0 out of 5 stars "Choosing" is the operative word

July 15, 2019

So many books about hopeless, terminal diseases focus on the patient, while the caregiver—often a loving life-partner or child—is neglected. Helene Berger's experience reinforces the reality that Alzheimer's is not a solo journey. Her discoveries and revelations in caring for her husband, Ady, underscore the important role of the partner/caregiver in the experience of the patient. Faced with a grim diagnosis and a runaway disease, Helene realized that 'joy' was a choice within her control. She dedicated herself to creating a life of variables and innovations that kept her husband steeped in moments of joy. This blanket of positivity alleviated the unspoken frustrations that commonly manifest in terminal patients, elevating Ady's day-to-day existence to the point of relaxing many common attributes of advanced Alzheimer's. As a result, the waning years of Ady's life were spent in joy rather than agony, and Helene is left with the blessing that she made a difference in both his life and his death. Choosing Joy is not just a must-read guide for anyone who has or will deal with a chronically or terminally ill family member, it is also a love story that reminds us that the power of human connection is the best medicine of all.



H.H.

5.0 out of 5 stars An incredible book!

July 1, 2019

In astonishing depth and detail, Helene Berger's guide to the perplexed entering the uncharted territory of dementia, Alzheimer, or other infirmities, offers practical advice to caretakers and kin on exercise, diet, sleep, safety, finding the right aides, and much more. At the same time, she offers encouragement -- and even hope. As she tells the story of her husband Ady and how he...flourished under the regimen outlined and the philosophy that "reality is ours to make," we begin to believe in happier outcomes for those we love who are afflicted with decline. A book that speaks to the inalienable dignity and godly spirit of every person. -H.H.

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Brian Perlman

5.0 out of 5 stars Must-read

June 11, 2019

Caring for loved ones that suffer from dementia is not for the faint of heart. Even getting fully educated on the condition and care alternatives can be overwhelming, as there are endless resources to choose from. I found "Choosing Joy" to be one of the two must-reads for caregivers, along with "The End of Alzheimers" (Bredesen). While the latter approaches the topic from a very clear-eyed medical/diet/exercise perspective, "Choosing Joy" supplies very practical, critically important wisdom on the often overlooked areas which end up making or breaking both caregiver and patient. Perspective, positivity, love and daily attention go right to the bottom line of quality of life for your loved one. These aspects unfortunately, but understandably, can and will get lost among the endless logistics of daily care short of a significant focus by the loved one. The author provides extremely useful perspective and tips for maintaining this critical focus and maximizing the limited resources of time and money. It is not at all surprising that her loved one experienced an improvement in cognitive functioning given this very thoughtful and loving approach to care. A must-read.



sue

5.0 out of 5 stars It's nice to have a book that helps you find peaceful ways of dealing with life.

May 31, 2019

This book gave me hope and I learned ways to help my loved one and myself



lexusofpa

5.0 out of 5 stars Amazing book

June 1, 2019

This is an amazing love story that gives us all hope.. great read!

HELENE BERGER SPEAKING & MEDIA EVENTS FOR CHOOSING JOY

www.HeleneBerger.com



Frank K. Brown

5.0 out of 5 stars Dementia Can Be Depressing. Why Not Choose Joy Instead?

Reviewed in the United States on May 1, 2020

Receiving the diagnosis of Alzheimer's and knowing that there is still no cure can lead to hopelessness and depression. Many accounts by caregivers confirm this. Helene Berger's book challenges us to look at the situation differently. Her memoir offers another alternative. She chose joy and encourages others to do the same.

There are, of course, hurdles to cross. Among them is to recognize that it really is possible to experience joy while living with Alzheimer's. Another is knowing what to do. Her book offers help with both.

There are three things I especially like about the book. It is a beautiful love story of her relationship with her husband, Ady, and how their complementary personalities worked together before and after his diagnosis.

Beyond that, the story describes how they successfully navigated their journey. In so doing, it represents a guide for other couples.

Finally, the author's approach to caring demonstrates the value of taking an active approach to managing the disease. It is easy to accept that little can be done to help someone with dementia. This book is filled with ways that the author took charge to make her husband's life as fulfilling as it could be. It is an excellent blend of "head and heart," that is, the application of her knowledge of the disease and how to approach it along with love and tenderness.

Although Berger recognizes that situations vary significantly from one person or couple to another, she also provides a model that is flexible and can be adapted to meet the needs of others whose circumstances are different.

I am glad to recommend this book. It would be especially worthwhile to make it the first book one reads after diagnosis. That would allow more time to implement her ideas. On the other hand, choosing joy is always a good thing whenever it happens.

HELENE BERGER SPEAKING & MEDIA EVENTS FOR CHOOSING JOY

www.HeleneBerger.com



Sophie Blair

5.0 out of 5 stars Showing Dignity and Respect is key.

June 2, 2019

My mother is a transplant recipient. I discovered that Choosing Joy crosses over to any illness, not just Alzheimer's, in the way that one should care for another. I was in awe of the depth in which Mrs. Berger emphasized her constant focus on maintaining her husband's dignity and respect during this caregiving process. Mrs Berger led by example. I learned from all of her hints, suggestions and constant reminders that the more you show love the more you will receive it from your patient. Thank you, Mrs Berger, for sharing your experience and educating us all with your helpful instructions. I truly enjoyed this book.



Mary

5.0 out of 5 stars Amazing story of hope which applies to all phases of life.

June 5, 2019

I wish I had this book when my loved one was alive. It would have saved me from many days of anger and frustration.



Amazon Customer

5.0 out of 5 stars Amazing book! Helpful and hopeful for everyone's life.

April 10, 2019

Full of practical wisdom and permission to follow your instincts for a life well-lived, whether care-giver or any human being. I am happily practicing choosing joy daily!

HELENE BERGER SPEAKING & MEDIA EVENTS FOR CHOOSING JOY

www.HeleneBerger.com



karla/watson

5.0 out of 5 stars informative

Reviewed in the United States on June 10, 2020

appreciating this book very much. with much joy comes heartache. this is helping me walk through that heartache with joy. thank you for the path.



Nancy Feekes

5.0 out of 5 stars A walk in her shoes

Reviewed in the United States on May 22, 2020

For some reason I felt this book would be a challenging read but also a possible resource if I would find myself in the same situation. It's not that I am a caregiver to my husband but the potential is there. He has many debilitating health issues and I find it amazing that my patience has grown so much. Helene was a very loving and gracious caregiver and I'm very grateful she chose to share her path with us. I especially like the title as I am always looking for joy myself. Thank you for loving Ady as you have. This read has been a blessing.



Dustin K

5.0 out of 5 stars Positive

Reviewed in the United States on January 3, 2020

So different from other books I've read. The author has a positive spin on the disease. All other books are negative and sad. Hers shows an amazing love story and life story.

HELENE BERGER SPEAKING & MEDIA EVENTS FOR CHOOSING JOY

www.HeleneBerger.com



Bonnie Berger

5.0 out of 5 stars A must-read book that extends well beyond Alzheimer's at so many levels.

June 6, 2019

An accurate tribute to the best father ever.