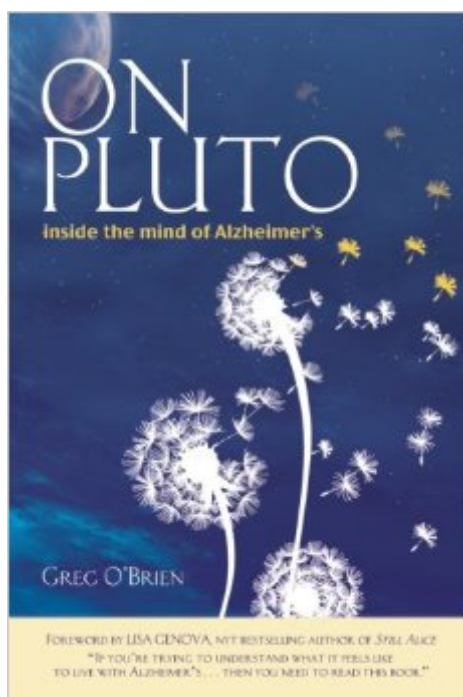


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# On Pluto: Inside The Mind Of Alzheimer's



## Synopsis

This is a book about living with Alzheimer's, not dying with it. It is a book about hope, faith, and humor—a prescription far more powerful than the conventional medication available today to fight this disease. Alzheimer's is the sixth leading cause of death in the U.S.; and the only one of these diseases on the rise. More than 5 million Americans have been diagnosed with Alzheimer's or a related dementia; about 35 million people worldwide. Greg O'Brien, an award-winning investigative reporter, has been diagnosed with early-onset Alzheimer's and is one of those faceless numbers. Acting on long-term memory and skill coupled with well-developed journalistic grit, O'Brien decided to tackle the disease and his imminent decline by writing frankly about the journey. O'Brien is a master storyteller. His story is naked, wrenching, and soul searching for a generation and their loved ones about to cross the threshold of this death in slow motion. *On Pluto: Inside the Mind of Alzheimer's* is a trail-blazing roadmap for a generation—both a how-to for fighting a disease, and a how-not-to give up!

## Book Information

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## Customer Reviews

This is a book I was eagerly reading, expecting a really insightful view inside the mind of a person who was diagnosed with early onset Alzheimer's. In fact, the book is a mixture of reminiscences on a long journalism career and descriptions of the experience of Alzheimer's from the inside. I found the former to be boring, and the latter fascinating. I ended up skimming through the reminiscences and then picking up reading again when the author got back to Alzheimer's. Speaking specifically

about the Alzheimer's material, the book is a very frank and insightful look at what it feels like to be in the early stages of Alzheimer's. The author describes vividly times when he couldn't do various activities of daily life, and how it felt to him. Personally, I have never read a description like this from the inside-- it gives me a lot of sympathy for people going through this scary disease. It's actually quite amazing that he was able to write this book at all-- a feat of will and determination. Something like a message from the future for all of us baby boomers who have an excellent chance of developing Alzheimer's ourselves. Fascinating and scary!

Greg O'Brien is a talented journalist who has written several books as well and hundreds of articles for newspapers and magazines over the last 40 years. But this is his best work. It chronicles his ten-year battle against Alzheimer's, a war he is still valiantly fighting for himself and for the whole baby boomer generation, many of whom may fall victim to this evil thief of the mind. "On Pluto" is an emotional and powerful account of the disease from a reporter embedded inside the mind of an Alzheimer's victim. I highly recommend it.

Truly if you are a baby boomer this is a must read. A non clinical look at failing memory & Alzheimers, through the eyes of author O'Brien. He shares his family, his thoughts, his career, his actions quite candidly, with a twist of humor and baby boomer references. You will see your self or a loved one in this book, via memory, family dynamics, kids, marriage, school friends.....you will relate. I was not sadden or depressed, I was inspired. Read it.

O'Brien is at his best when he describes scenes of his interactions with other people—for example, how he and his grown children struggle to come to terms with his changing personality. But as an indie-published book (O'Brien owns the small press that published his book), "On Pluto" could have used more editing: Two chapters about his idyllic childhood seem extraneous to his current state of affairs; more judicious use of commas would have helped smooth the reading experience; and a bit too much of the book describes his environs (Cape Cod) rather than the state of his mind as promised by the subtitle ("Inside the Mind of Alzheimer's"). Overall, however, "On Pluto" is honest and compelling, an important addition to memoirs written by middle-aged persons living with Alzheimer's disease or other dementias ("Alzheimer's from the Inside Out," by Dr. Richard Taylor, for example, and "Dancing with Dementia," by Christine Bryden). O'Brien's story helps us see that Alzheimer's disease is not just a disease of elders—it can affect people in their 40s, 50s and 60s. And, like the novel "Still Alice" by Lisa Genova

(who, as a friend of Oâ™Brienâ™s, wrote his introduction), âœOn Plutoâ• helps us understand that a person with dementia is more than their memoriesâ™ more than their intellectual abilities, career or role in the family. âœMemory,â• Oâ™Brien says, âœisnâ™t all itâ™s cracked up to be.â• Memoryâ• doesnâ™t define us. Definition is found in the spirit, in the soul, but one must dig for it.â• Whether you are living with dementia, know someone who is, or are a care partner for a person with dementia, âœOn Plutoâ• will help you feel more compassion for people living with Alzheimerâ™s disease or another dementia, and more hope that persons with dementia remain âœin thereâ• as the disease progresses.--author, "Inside the Dementia Epidemic: A Daughter's Memoir"

A powerful and courageous account by this accomplished writer of his own struggle with early onset Alzheimer's and the effects it has on his loving family. All Baby Boomers have a good chance of either having a parent , spouse or friend devastated by this insidious process.

For those who criticize the amount of personal reflection in this book and yearn for more "Alzheimer's stuff," I would commend the flagship 36 Hour Day. But--for what Greg O'Brien tackles, this is top-notch material. The whole purpose of this book, I believe, is for the reader to come to know and love Greg and his family--and to find their struggles heart-breaking and unacceptable. It is my own husband's struggle, and Greg gives words to what my husband often cannot voice. Frankly, the Resources section in the back is so good, it's worth the price of the book.

This is a hard one... It was VERY informational, but he throws in too many quotes and tends to name drop a lot. Also, I sometimes skipped whole paragraphs when he often to went into too much detail in creation of metaphors. That being said, I WOULD recommend. The stories were touching, often raw, eye opening and thought provoking.

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