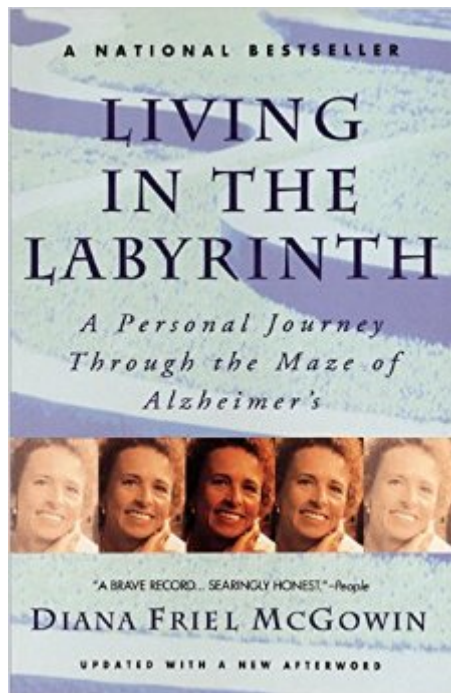


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# Living In The Labyrinth: A Personal Journey Through The Maze Of Alzheimer's



## Synopsis

Living In The Labyrinth is the story of how one woman found the strength and the courage to cope with a devastating disease that has afflicted five million Americans. Far from being an exercise in self-pity or a standard autobiography, this is an unflinching and ultimately uplifting look at a debilitating illness from the inside out.

## Book Information

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Average Customer Review: 4.7 out of 5 stars See all reviews (28 customer reviews)

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## Customer Reviews

This amazing book is written by an Alzheimer's victim herself. Diana Friel McGowin began having symptoms of Alzheimer's Disease at age 45. She gives us an inside look at what it's like to have this disease, from the first symptoms noticed, through the ordeal of searching for a diagnosis, to the finality in the diagnosis itself and the daily losses that come. Diana has a wonderful attitude, finding comfort in her memories of simple things: the smell of the small town library of her childhood, the taste of icicles on her tongue, the sight of the first daffodils of spring, lightning bugs, a train whistle, her grandmother's violin. What a wonderful way to view it all, as she says "I can sometimes enjoy the sweet fragrance of night blooming jasmine when no one else can." We, the children of Alzheimer's victims, hope that a cure can be found, but if it doesn't come in our time, we do have an example of radiant acceptance.

Living in the Labyrinth is a very personal account of one woman's journey through the maze of early-onset Alzheimer's. I found this book to be incredible and helpful as I am coping with a

grandmother with Alzheimer's. I applaud Diana on her fight to maintain her independence as well as on her brutal honesty in letting the reader into very personal areas of her life. I cannot even begin to imagine what it would be like for a person so young to begin seeing their life slipping away from them and knowing that it will forever be different, no matter how much one wants it to stay the same. Diana does fight - she does not give up and she is still fighting. Her struggles throughout the book, her hiding information from her family and friends, all testify to her strength and fierce determination to conquer this disease. I thought the actions and reactions of her children as well as her husband was very revealing and at times sad. This is an excellent book for anyone coping with a loved one with AD - I found it very insightful, informative, and helpful. I found comfort in this book in helping me to deal with my grandmother. Thank you Diana for allowing us to enter into your private world.

When I first began my zealous quest to understand the disease of Alzheimer's, I stumbled across this book. To this day, it remains the most influential book I've read for understanding stages 1-5. Written in first person, it provides a soul-revealing glimpse into the maze of AD as one woman shares her quest to deal with the loss of function and depression accompanying this stage of the journey. Years later, I still pick it up occasionally to reconnect.

As a 61 year old male caregiver I know a bit about Alzheimer's. I have read many books on Alzheimer's telling me to take care of myself. This book tells of the events in a woman Alzheimer's victim's life from her viewpoint. The tales of sexual frustration, fear and confusion are riveting. I was supposed to return the book to its owner for a friend. I glanced inside and just kept reading. For days I was a better person since I realized what was going on for the person afflicted. I bought the book after I read it, and I have loaned it out to other people who have also been moved! I was amazed that such a good book could be written by one with Alzheimer's.

I am a patient with early onset Alzheimers. After reading this book I didn't feel so alone.

This is the first book I have read that let me know how the patient feels and see's this disease. I was concerned that my mother would know that she was loosing her mind. Diana has early onset Alzheimers and takes us on her personal & often fearful journey. God bless her. She counts her losses, her family counts what she has left. There is still a person inside, we sometimes forget that.

I wanted to like this book more. I just lost a friend to early onset dementia and I wanted to

understand what it was like for her. I didn't get a real sense of it from the book. Most of her issues she discussed--disappointment with her husband and the way her life turned out seemed to predate her illness. Her comments on symptoms seemed afterthoughts to justify the book. Her illness may have been brought on by a stroke that itself may have been the result of heavy smoking. A cautionary tale! She held onto work as a legal secretary by working as a temp because she could hide her inability to do the work better. I am bothered by this because cases may have been lost or she might be opening former employers to malpractice suits. My friend had the courage to quit driving when it became dangerous and to quit working. All this said, it is tragic to receive this diagnosis at a young age so 3 stars for her courage in sharing her story.

I read this book after 4 years of watching and helping my Mother maintain her ability to live independently as long as possible. Finally the day came when I had to take her to a care facility. After reading this book, so many of the experiences of the last 4 years made more sense and I gained a better understanding of how life was from my Mothers perspective. I wish I had read this book in the first year or two. I wish my Mother could have read it also. This is a wonderful book and I found much of it comforting.

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