



Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's

Olivia Ames Hoblitzelle

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"*Ten Thousand Sorrows & Ten Thousand Joys* offers a vision of lives well-led, and of love in the thick of crisis and loss. Beyond inspiring."-Daniel Goleman, author of *Emotional Intelligence*

"This beautiful book is unlike any other personal account of living with Alzheimer's disease that I have ever read . . . it offers patients and families practical insights into how they can live their lives more fully amidst the heartbreak of a mind-robbing illness."- Paul Raia, Director of Patient Care and Family Support, Alzheimer's Association, Massachusetts Chapter

"A story of courage, love, and growing wisdom in the face of Alzheimer's."-Joseph Goldstein, author of *One Dharma*, Founder / Director of Insight Meditation Society

In this profound and courageous memoir, Olivia Ames Hoblitzelle describes how her husband's Alzheimer's diagnosis at the age of seventy-two challenged them to live the spiritual teachings they had embraced during the course of their life together. Following a midlife career shift, Harrison Hoblitzelle, or Hob as he was called, a former professor of comparative literature at Barnard, Columbia, and Brandeis University, became a family therapist and was ordained a Dharmacharya (senior teacher) by Thich Nhat Hanh. Hob comes to life in these pages as an incredibly funny and brilliant man who never stopped enjoying a good philosophical conversation-even as his mind, quite literally, slipped away from him. And yet when they first heard the diagnosis, Olivia and Hob's initial reaction was to cling desperately to the life they had had. But everything had changed, and they knew that the only answer was to greet this last phase of Hob's life consciously and lovingly.

Ten Thousand Joys & Ten Thousand Sorrows provides a wise and compassionate vision for maintaining hope and grace in the face of life's greatest challenges.

(This memoir was originally self-published as *The Majesty of Your Loving*.)

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Linda Gabriel:

The guide with title Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's has a lot of information that you can study it. You can get a lot of help after read this book. This book exist new information the information that exist in this e-book represented the condition of the world today. That is important to yo7u to know how the improvement of the world. This kind of book will bring you in new era of the syndication. You can read the e-book on your smart phone, so you can read the idea anywhere you want.

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