

TRANSCENDING AUTUMN BOOKS

An Imprint Dedicated to Helping Seniors Navigate the Journey of Growing Older with More Knowledge, Reasonable Expectations, and Clearer Forethought for a Better Experience through Aging

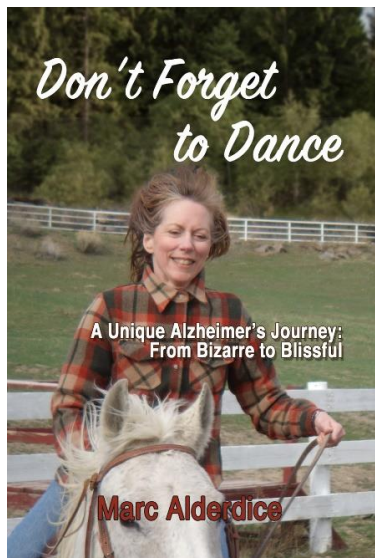
announces the republication (2nd Edition) of

DON'T FORGET TO DANCE

A Unique Alzheimer's Journey – from Bizarre to Blissful

by Marc Alderdice

Olney, MD: **Transcending Autumn Books** is proud to offer the republishing of *DON'T FORGET TO DANCE*, a memoir by Marc Alderdice, available on Amazon and in bookstores near you in August 2023.



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For questions or information Author:
info@marcalderdice.com

Don't Forget to Dance is a memoir of Marc and his wife Mary's journey through early-onset Alzheimer's disease. The story portrays many unforeseen and bizarre complications—including multiple identities—and how they handled them in unique ways. There were periods filled with lots of distress and near disasters that turned the couple's lives upside down. But it's also an encouraging love story that will inspire readers on any life journey—showing how a supportive and even happy relationship can be fostered through such dire circumstances, and how Mary prepared her heart, mind and spirit for years before her diagnosis, providing an unexplainable inner peace during later years.

KIRKUS Reviews:

"A husband strives to make the right care choices after his wife is diagnosed with Alzheimer's disease..."

The subject matter of this work is unavoidably distressing, but Alderdice maintains a positive tone throughout, embracing the seize-the-day sentiment suggested in the book's title: "Make the most of everything you love—the 'dancing' in your life..." The author has a levelheaded writing style, describing his physical and emotional states clearly. Caretakers will relate to Alderdice's spectrum of emotions...a well-written, uplifting memoir.

A tenderly observant account that champions the power of love in the face of adversity."

Marc Alderdice, PhD has worked in academia and with pharmaceutical companies managing clinical trials, some for potential treatments of Alzheimer's disease. Marc has also had to deal with the disease on a personal level when his wife, Mary, was diagnosed with early-onset Alzheimer's, which was much different from studying the disease objectively. He takes us on Mary's and his emotional journey and shows us how we can "dance" more and be happier no matter what life throws our way.

www.marcalderdice.com