

# BOOK RECOMMENDATIONS

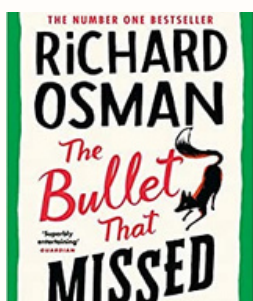
A collection of books useful for Carers or recommended by others as a great read!



## THE KEEPER OF STORIES BY SALLY PAGE

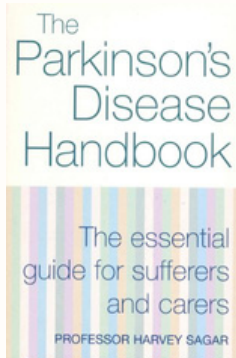
In her debut novel, *The Keeper of Stories*, Sally combines her love of history and writing with her abiding interest in the stories people have to tell.

'Funny, wise, moving and full of lovely moments. The characters are endearing and unforgettable' – Hazel Prior, Author



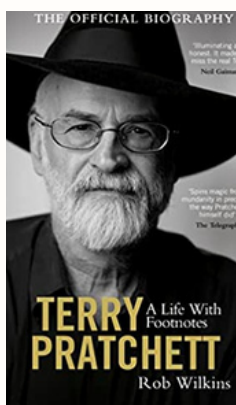
## THE BULLET THAT MISSED BY RICHARD OSMAN

It is an ordinary Thursday and things should finally be returning to normal. Except trouble is never far away where the Thursday Murder Club are concerned. A decade-old cold case leads them to a local news legend and a murder with no body and no answers. Then a new foe pays Elizabeth a visit. Her mission? Kill...or be killed.



## THE NEW PARKINSON'S DISEASE HANDBOOK BY HARVEY SAGAR

This is a compassionate and helpful guide to the disease and its treatments. The good news is that Parkinson's can be controlled very effectively for many years with the right treatment and care. This definitive handbook allows you to ask all the right questions and to understand the disease so that the answer to the question above is, 'as long as possible'.



## TERRY PRATCHETT: A LIFE WITH FOOTNOTES BY ROB WILKINS

The book Terry sadly couldn't finish has been written by Rob Wilkins, his former assistant, friend and now head of the Pratchett literary estate. Drawing on his own extensive memories, along with those of the author's family, friends and colleagues, Rob unveils the full picture of Terry's life – from childhood to his astonishing writing career, and how he met and coped with what he called the 'Embuggerance' of Alzheimer's disease.

There are many second hand book sellers online – many are cheaper than Amazon – although don't forget to look at the 'Buy Used' option on Amazon too!

### WORLD OF BOOKS:

- [www.wob.com/en-gb](http://www.wob.com/en-gb)

### ABE BOOKS

- [www.abebooks.co.uk/UsedBooks.shtml](http://www.abebooks.co.uk/UsedBooks.shtml)

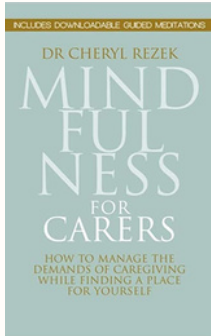
### OXFAM ONLINE BOOKSTORE

- <https://onlineshop.oxfam.org.uk/books/category/books>

TOP TIPS

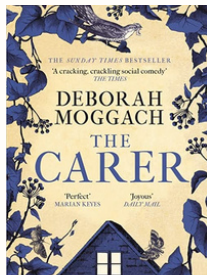
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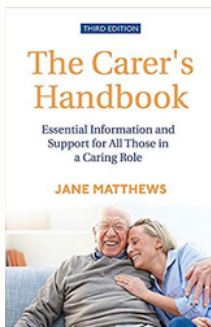
## **MINDFULNESS FOR CARERS BY DR CHERYL REZEK**

An accessible introduction to mindfulness, and explains how simple mindfulness practices and psychological concepts can be used to manage the day-to-day demands of caring effectively, helping caregivers to gain a greater sense of control and maintain a more positive and balanced outlook.



## **THE CARER BY DEBORAH MOGGACH**

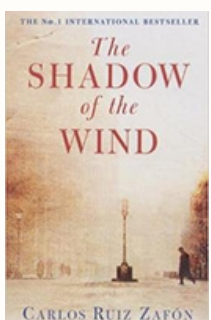
James is getting on a bit and needs full-time help. So Phoebe and Robert, his middle-aged offspring, employ Mandy, who seems willing to take him off their hands. But as James regales his family with tales of Mandy's virtues, their shopping trips and the shared pleasure of their journeys to garden centres, Phoebe and Robert sense something is amiss.



## **THE CARERS HANDBOOK BY JANE MATTHEWS**

A survival guide for all those many people who are, or will be, Carers.

- Understanding who does what and how they can support you
- Handling carer, community care and financial assessments.
- Juggling caring and work
- Using outside carers and care agencies and much much more



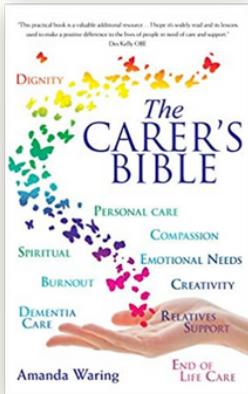
## **THE SHADOW OF THE WIND BY CARLOS RUIZ ZAFÓN**

Hidden in the heart of the old city of Barcelona is the 'cemetery of lost books', a labyrinthine library of obscure and forgotten titles that have long gone out of print. To this library, a man brings his 10-year-old son Daniel who is allowed to choose one book from the shelves and pulls out 'La Sombra del Viento' by Julian Carax. Recommended by Hannah, Parent Carer

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## THE CARERS BIBLE BY AMANDA WARING



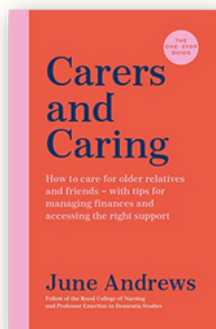
This accessible and detailed guide includes practical tips, checklists for best practice, descriptions of their experience from a wide range of carers that addresses solutions to common problems, and expert advice on how to deliver compassionate and dignified care to older people. Uniquely, Amanda Waring also provides support and guidance for the carer, how to maintain energy and commitment, how to recognise signs of compassion fatigue and where carers can get help if they need it.

## THE HUMANS BY MAT HAIG



After an 'incident' one wet Friday night where he is found walking naked through the streets of Cambridge, Professor Andrew Martin is not feeling quite himself. He feels lost amongst an alien species and hates everyone on the planet. Everyone, that is, except Newton, and he's a dog. Who is he really? And what could make someone change their mind about the human race . . . ?

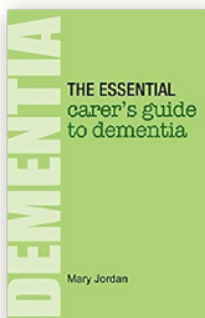
## CARERS AND CARING: THE ONE STOP GUIDE BY JUNE ANDREWS



Whether due to old age, illness or disability, more and more of us are becoming carers to loved ones.

Carers and Caring is a complete handbook for anyone in a caring role, guiding you through the everyday administrative and emotional challenges of supporting a loved one.

## ESSENTIAL CARER'S GUIDE TO DEMENTIA BY MARY JORDAN

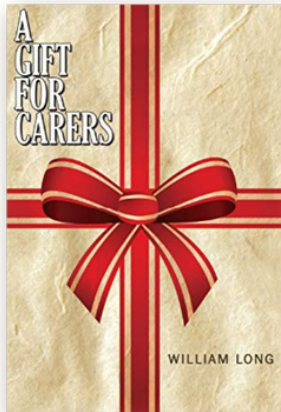


In the Essential Carer's Guide to Dementia, Mary explains what you can expect when you receive a diagnosis of one of the many causes of dementia and what you can do to manage life going forward – how you can slow the progress of symptoms and how you can maximise available support. The earlier you start, the better you will be able to cope.

Check the 'Buy Used' option on Amazon for buying a cheap second hand copy, or look on Ebay. You could also call your Library or local charity shop to see if they have the book you want in stock.

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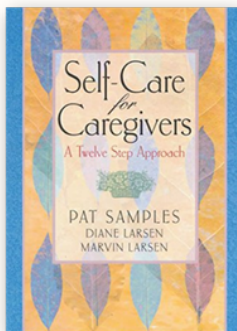


## **A GIFT FOR CARERS BY WILLIAM LONG**

This book was written following the author's personal struggle with the psychological and physical pressures of caring for his mum.

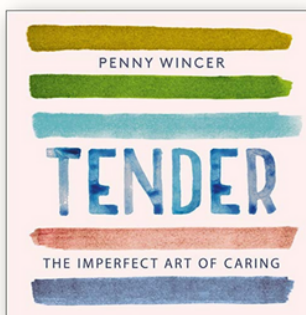
His experiences and research led him to develop a solution which counters the devastating effects of what the medical world refers to as "Caregiver Syndrome."

He identifies seven areas that make for a joyful life.



## **SELF-CARE FOR CAREGIVERS: A TWELVE STEP APPROACH BY PAT SAMPLES, DIANE LARSEN, MARVIN LARSEN**

For those serving as a care-giver for a loved one, the authors of this down-to-earth, encouraging book can help you make the most of the experience without losing yourself in the process.

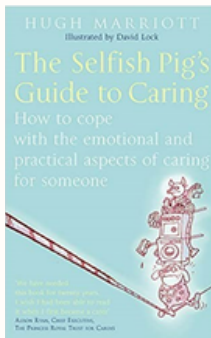


## **TENDER: THE IMPERFECT ART OF CARING BY PENNY WINCER**

A beautifully written and honest account of the realities of caring. Penny draws on her personal experience of caring, previously for her mother and now for her son. She weaves this with others' stories to offer an insightful and often-moving read.

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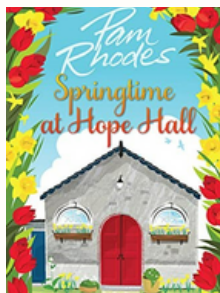
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## THE SELFISH PIGS GUIDE TO CARING BY HUGH MARRIOTT

Recommended by Alison, Group Leader at the Ilminster Carers Group.

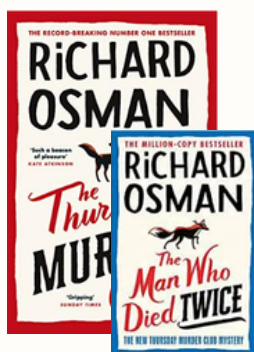
The Selfish Pig's Guide to Caring by Hugh Marriott is a brilliant book and can cause a great deal of laughter. I don't know anyone who has not appreciated it.



## SPRINGTIME AT HOPE HALL BY PAM RHODES

Another recommendation from Alison.

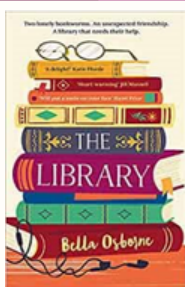
I have just read one of the Hope Hall books by Pam Rhodes. It is easy reading so does not tax the brain. They are about the groups and people who use a village hall.



## THE THURSDAY MURDER CLUB AND THE MAN WHO DIED TWICE BY RICHARD OSMAN

Recommended by Jane, Group Leader at Keinton Mandeville Carers Group.

I have recently read Richard Osman's Thursday Night Murder club part 1 & 2. Really good amusing reads in which you can get into the characters very quickly



## THE LIBRARY BY BELLA OSBORNE

A recommendation from Fiona.

A touching story about an unlikely friendship. The book was amusing, heart-warming and moving in equal measure.

TOP  
TIPS

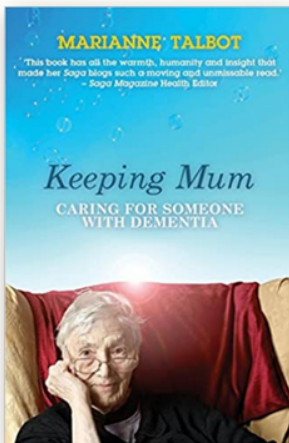
I found reading hard when I was caring for my husband as I was so tired but also, I would get interrupted a great deal but I found audio books a wonderful way of 'reading' a book and could play them when cooking, washing up etc.

– Alison

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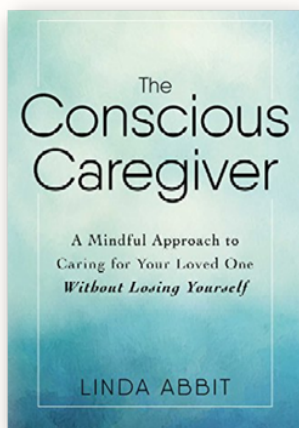
## **KEEPING MUM BY MARIANNE TALBOT**



When her mum was diagnosed with Alzheimer's disease, Marianne Talbot decided she couldn't put her into a care home. Instead, for five years, she looked after her mum in her own home.

You will also find plenty of practical tips for caring for someone with dementia and on staying sane whilst doing so, a resources and useful contacts section and Marianne's reflections on caring from a distance, and on when caring comes to an end. Written for anyone, anywhere, who has anything to do with dementia or with caring; in reading it you will know you are not alone.

## **THE CONSCIOUS CARE GIVER BY LINDA ABBIT** **A MINDFUL APPROACH TO CARING FOR YOUR LOVED ONE WITHOUT LOSING YOURSELF**



Being a carer is a difficult role. It requires patience, tenderness, selflessness, and hard work. While it may be a rewarding experience to care for a loved one, it can also be a stressful, both emotionally and mentally. How do you navigate your role as carer without losing yourself? The conscious caregiver helps readers with information about how to handle the emotional stress, practical information on medical needs and finance and how to care for themselves and their loved ones at the same time.



## **MOBILE LIBRARY**

Most of us love a good book, however it's not always easy for Carers to get to the library. Great news, the library can come to you, call 0300 123 2224 for more information.

**[WWW.SOMERSET.GOV.UK/MOBILE-LIBRARY/](http://WWW.SOMERSET.GOV.UK/MOBILE-LIBRARY/)**