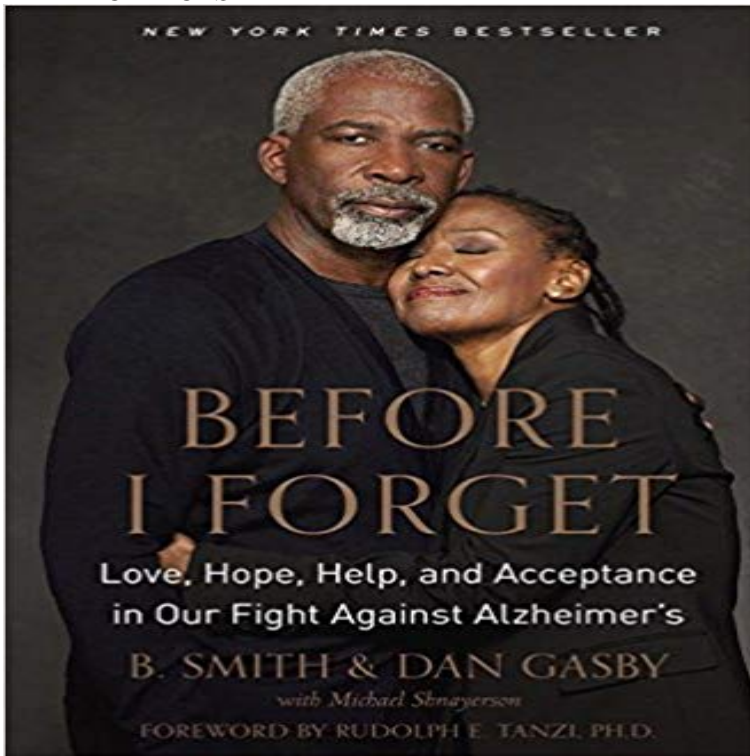


# Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimers



I know where I'm going. I'm still myself. I just can't remember things as well as I once did. So on short trips, I work hard not to be confused. I'll say to myself, What are we going to do? How long are we staying? It's like I'm talking to my other self—the self I used to be. She tells me, This is what we need to buy—not that. I'm conscious of that other self guiding me now. Restaurateur, magazine publisher, celebrity chef, and nationally known lifestyle maven, B. Smith is struggling at 66 with a tag she never expected to add to that string: Alzheimer's patient. She's not alone. Every 67 seconds someone newly develops it, and millions of lives are affected by its aftershocks. B. and her husband, Dan, working with Vanity Fair contributing editor Michael Shnayerson, unstintingly share their unfolding story. Crafted in short chapters that interweave their narrative with practical and helpful advice, readers learn about dealing with Alzheimer's day-to-day challenges: the family realities and tensions, ways of coping, coming research that may tip the scale, as well as lessons learned along the way. At its heart, *Before I Forget* is a love story: illuminating a love of family, life, and hope.

The Paperback of the *Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimers* by B. Smith, Dan Gasby, Michael Shnayerson. Find great deals for *Before I Forget : Love, Hope, Help, and Acceptance in Our Fight Against Alzheimers* by Michael Shnayerson, Dan Gasby and B. Smith (2016). The NOOK Book (eBook) of the *Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimers* by B. Smith, Dan Gasby. Find product information, ratings and reviews for *Before I Forget : Love, Hope, Help, and Acceptance in Our Fight Against Alzheimers* (Paperback) (B. Smith) at . I know where I'm going. I'm still myself. *Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimers* (Audible Audio Edition): B. Smith, Dan Gasby, Michael Shnayerson. 2 min - Uploaded by Crown Publishing Group. Restaurateur, magazine publisher, and celebrity chef, B. Smith is struggling at 64 with 2 quotes from *Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimers*: The literature has only these words of comfort for a person *Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimers*. B. Smith and Dan Gasby, with Michael Shnayerson. *Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimers*: B. Smith, Dan Gasby, Michael Shnayerson. 7 min - Uploaded by YouAndMeThisMorning. B. Smith and Dan Gasby are here to talk about their

upcoming book *Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimers* Reprint by B Smith, Dan Gasby, Michael Shnayerson, Rudolph E Tanzi