



# **Dancing with Dementia: My Story of Living Positively with Dementia**

*Christine Bryden*

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# Dancing with Dementia: My Story of Living Positively with Dementia

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## **Dancing with Dementia: My Story of Living Positively with Dementia** Christine Bryden

Christine Bryden was a top civil servant and single mother of three children when she was diagnosed with dementia at the age of 46. Since then she has gone on to challenge almost every stereotype of people with dementia by campaigning for self-advocacy, writing articles and speaking at national conferences. This book is a vivid account of the author's experiences of living with dementia, exploring the effects of memory problems, loss of independence, difficulties in communication and the exhaustion of coping with simple tasks. She describes how, with the support of her husband Paul, she continues to lead an active life nevertheless, and explains how professionals and carers can help. Christine Bryden makes an outspoken attempt to change prevailing attitudes and misconceptions about the disease. Arguing for greater empowerment and respect for people with dementia as individuals, she also reflects on the importance of spirituality in her life and how it has helped her better understand who she is and who she is becoming. Dancing with Dementia is a thoughtful exploration of how dementia challenges our ideas of personal identity and of the process of self-discovery it can bring about.

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