



A Silent Bugle

Sharon Cecelia Smith

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Day by day, hour by hour, I lost my father to Alzheimer's Dementia. As his sole caregiver, I almost lost myself. During my father's illness, my focus was on his needs alone. I didn't have time to consider that I was suffering too. It wasn't until my father had passed away that I realized the act of journaling had played a powerful role in my coping. It helped me to process my emotions, relieve guilt, weather role reversal, find humour, make decisions . . . and continue to love my everchanging father. I hope that The Silent Bugle will bring you comfort and motivate you to take control of your own journey as caregiver. My wish is that my personal stories and revealing journal entries will inspire you to find the unforgettable moments that balance the darker side of our struggle as caregivers. I have even provided a series of questions for you to ponder or journal about. You will get through this.

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Spent a free time for you to be fun activity to perform! A lot of people spent their sparettime with their family, or their very own friends. Usually they performing activity like watching television, likely to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your free time/ holiday? May be reading a book could be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to test look for book, may be the publication untitled A Silent Bugle can be very good book to read. May be it could be best activity to you.

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People live in this new moment of lifestyle always attempt to and must have the spare time or they will get lot of stress from both day to day life and work. So , when we ask do people have extra time, we will say absolutely yes. People is human not really a huge robot. Then we request again, what kind of activity do you possess when the spare time coming to an individual of course your answer will certainly unlimited right. Then ever try this one, reading publications. It can be your alternative with spending your spare time, the particular book you have read is definitely A Silent Bugle.

Alan Archuleta:

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