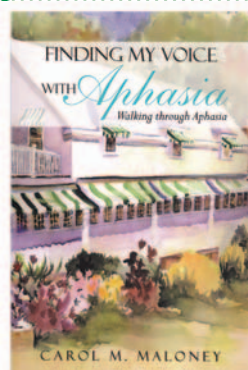
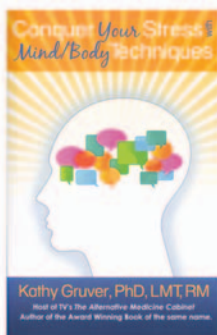


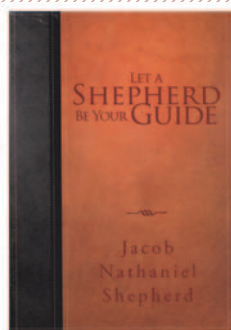
**Carol's Alzheimer's Journey** by Donald H. and Carol C. Ford available at Amazon & Barnes & Noble. Ford's plan is a person-centered quality of care focus. It replaces the medical emphasis on what is wrong with the person with a positive emphasis on using their remaining capabilities to create a satisfying life.

**Conquer Your Stress Mind/Body Techniques** by Kathy Gruver, PhD, LMT, RM offered by Infinity Publishing. Gruver teaches readers practical tips for decreasing the body's reaction to stress and how to use simple mind body techniques to increase health by lessening tension

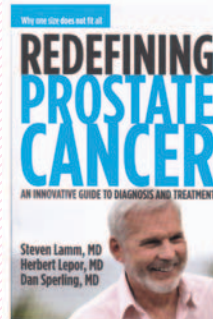


**Finding My Voice With Aphasia** by Carol M. Maloney offered by iUniverse. The Story reveals the disabling effects of losing the ability of speech, reading and writing due to aphasia. Maloney inspires others to overcome their own adversities one day at a time through her experience recovering from a TIA/stroke.

**From 221B Baker St. to The Old Curiosity Shop** by Stephen Halliday offered by Trafalgar Square Publishing. A guide to London's literary landmarks unveiling the clubs, pubs, restaurants, houses and streets that inspired some of the most beloved works in fiction.

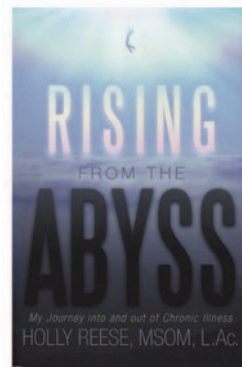


**Let A Shepherd Be Your Guide** by Jacob Nathaniel Shepherd offered by WestBow Press. A collection of mostly religious poems, structured so as to provide a daily opportunity for reading and reflection throughout the year. It serves as a testament of Jesus' love in a person's life.

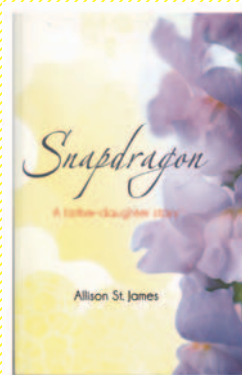


**Redefining Prostate Cancer** by Steven Lamm, MD, Herbert Lepor, MD, & Dan Sperling, MD. Offered by Spry Publishing. Comprehensive and up-to-date information on prostate cancer diagnosis, screening, and treatment options, all in an accessible package.

**Rising From The Abyss** by Holly Reese, MSOM, L.Ac. offered by Balboa Press. After succumbing to a terrible, rare, auto-immune illness called mixed connective tissue disorder Reese decides to quit the harsh cycle of western drugs and embarks on her own healing journey using alternative medicine.



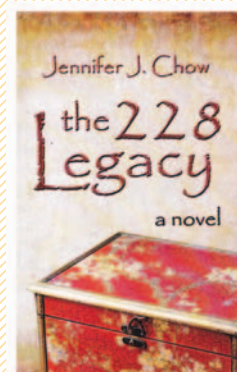
**Snapdragon A Father-Daughter Story** by Allison St. James offered by WestBow Press. The tale follows a daughter on a journey to deal with communication issues and her father, a strong-willed WWII veteran after the loss of her mother to cancer.



**Stable Wisdom Surviving Midlife With Style** by Shirley J. Potterton offered by iUniverse. The Author, a lifelong horsewoman, provides a one-of-a-kind guide for women on a midlife journey that encourages transformation and positive changes with the help of an equine companion.

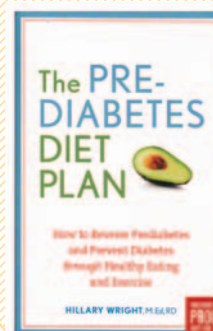
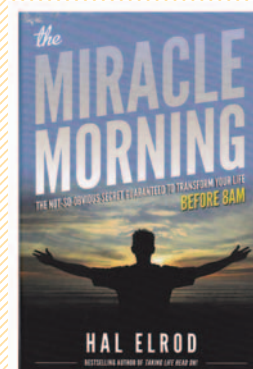


**The Believer's Guide To Bible Chronology** by Charles Ozanne offered by Authorhouse. The field of thought is expanded on the subject by providing evidence for historical dates of events in the bible, contemplating the kings of Israel and Judah as compared with often conflicting evidence from Assyrian texts.



**The 228 Legacy** by Jennifer J. Chow offered by Martin Sisters Publishing. A novel of Taiwanese Cultural identity and long-standing secrets, the 228 legacy weaves together multigenerational viewpoints, showing how heritage and history can influence behavior and family bonds.

**The Miracle Morning** by Hal Elrod offered by Hal Elrod International. Every once in a while you read a book that changes the way you look at life. It is rare to find a book that changes the way you live your life. This book does both, and faster than you ever thought possible.



**The Pre-Diabetes Plan** by Hillary Wright, M.Ed, RD offered by Ten Speed Press. Readers are provided with a basic framework for success, and then share guidelines to help fine-tune the diet and exercise plan to their own personal needs, including tips for mastering the supermarket aisles and dining out.

# LIVING TRUSTS

- A Free Consultation
- A Living Trust - Single or Married
- Pour-Over Will(s)
- Power(s) of Attorney For: Health Care, Asset Management
- All Transfer Documents to Trust
- Notarization Fees Included

Free Family Information Packet  
NO EXTRA CHARGE  
FOR IN-HOME SERVICES

**SIRKIN & SIRKIN**  
**ATTORNEYS AT LAW**  
**800-300-9977**

For Seniors,  
By Seniors &  
About Seniors...

Not Born Yesterday!  
Books Without Borders  
Books Without Borders©

For details on how  
to have your book  
reviewed in this  
section. Email:  
nbynews@juno.com