

MORE RESOURCES: THE BRAIN, COGNITIVE IMPAIRMENT, BEHAVIOR, DEMENTIA

Books, Journals, Articles and Websites:

Here is a list of some of the websites, books, journals, and articles that are easily accessible in the general press and media, in both the popular and professional press. You can find most of these and other articles/information on the internet or in the library. More websites and resources are listed at the end of some of the handouts and in information from the Michigan Mental Health and Aging Project (MHAP) (whose website is below). The resources listed here emphasize older adults, dementia, and disorders frequently misdiagnosed. Some are seminal and some more recent. These may be interesting and useful in addition to your professional and academic sources of information.

BOOKS

Brain

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6. Damasio, Antonio. *Descartes' error: Emotion, Research and the human brain*. 1994. Avon, New York
7. Davidson, Richard J, Begley, Sharon. *The Emotional Life of your Brain*. 2012. Hudson Street Press, Penguin Group, New York.
8. Grandin, Temple. *Thinking in Pictures and Other Reports from My Life with Autism*. 1995. New York: Vintage Books.
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10. Lezak, Muriel; Howieson, DB; Bigler, E; Tranel, D. *Neuropsychological Assessment: Fifth Edition*. 2012. New York: Oxford University Press.
11. Linden, DJ. *Touch: The Science of Hand, Heart, And Mind*. 2015. New York: Viking Penguin.
12. Lipska, B. with McArdle, E. *The Neuroscientist who Lost her Mind: My Tale of Madness and Recovery*. 2018. New York: Houghton Mifflin Harcourt.
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14. Marcote, R & Grant, I (Eds). *Neuropsychology of Everyday Functioning*. 2010. New York: Guilford Press.
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17. Rolls, E.T. *The Brain and Emotion*. 2005. Oxford University Press, New York.
18. Sacks, Oliver *Hallucinations*. 2012. New York: Alfred A. Knopf.

19. Sacks, Oliver. *Musicophilia: Tales of Music and the Brain: Revised and Expanded*. 2008. New York: Random House.
20. Shaywitz, Sally. *Overcoming Dyslexia*. 2003. New York: Random House.
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22. Tammet, Daniel. *Thinking in Numbers*. 2012. New York: Little, Brown and Company
23. Taylor, Jill Bolte. *My Stroke of Insight: A Brain Scientist's Personal Journey*. 2006. New York: Plume of Penguin Group.
24. Walker, Matthew. *Why we Sleep: Unlocking the Power of Sleep and Dreams*. 2017. New York: Scribner.

Dementia

25. Barrick, Amy Louise. *Bathing Without a Battle: Personal Care of Individuals with Dementia*. 2002. New York: Springer Publishing.
26. Bell, Virginia; Troxel, D. *The Best Friend's Approach to Alzheimer's Care*. 2003, Revised 2006. Baltimore, Maryland : Health Professions Press.
27. Burkholder, Ginnie Horst. *Relentless Goodbye: Grief and Love in the Shadow of Dementia*. 2012. Herald Press: Harrisonburg, SVirginia.
28. Geist, ME. *Measure of the Heart: A Father's Alzheimer's, A Daughter's Return*. 2008. New York: Springboard Press.
29. Gogia, Prem P, Rastogi, Nirek. *Clinical Alzheimer Rehabilitation*. 2009. New York: Springer Publishing Company.
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38. Manteau-Rao, M. 2016. *Caring for a Loved One with Dementia: A Mindfulness-based Guide for Reducing Stress and Making the Best of Your Journey Together*. Oakland,CA: New Harbinger Publications.
39. Mast, BT & Yochim, BP. 2018. *Alzheimer's Disease and Dementia: Advances in Psychotherapy-Evidence-Based Practice*. Boston: Hogrefe Publishing.
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50. Whitehouse, P. with D George. The Myth of Alzheimer's. 2008. New York: St. Martin's Press.
51. Wornell, D. Sexuality & Dementia. 2014. New York: Demos Health Medical Publishing.
52. Zeisel, John. I'm Still Here: A Breakthrough Approach to Understanding Someone with Alzheimer's. 2009. New York: Penguin Group.
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JOURNALS

1. [Progress Report on Alzheimer's Disease](#) published annually by the US Department of Health and Human Services available from US Government National Institute on Aging (www.nia.nih.gov) or from Alzheimer's Disease Education and Referral Center (ADEAR) at www.alzheimers.org.
2. Newsletters and journals published regularly by various dementia associations are available at the websites listed below.
3. [American Journal of Alzheimer's Disease & Other Dementias](#) published by Sage Publications (<http://oe.sagepub.com>) (e.g., "Can you have Dementia with an MMSE Score of 30? The Mini-Mental State Examination in Behavioral Variant Frontotemporal Dementia and Primary Progressive Aphasia" by Osher, JE; Wicklund, AH, Rademaker, A; Johnson, N; Weintraub, S. in Vol 22(5), October/November 2007. (This is a special issue on Frontotemporal Dementia.)
4. [Alzheimer's & Dementia: The Journal of the Alzheimer's Association](#) published by Elsevier for the Alzheimer's Association in the United States (www.alzheimersanddementia.org). An article of the annual report from the Alzheimer's Association is included. (e.g., [2018 Alzheimer's disease facts and figures](#) included in the March 2018 issue focuses of statistics and information on updates on prevalence, costs, various types of dementia, diagnosis, etc.)
5. [Journal of Gerontological Nursing](#), (e.g., "Caring for People with Atypical Presentations of Cortical Dementia" by G. Hall in February 1999, Vol 25 (2): 9-19.) (e.g., "In-Place Progression: Lessons Learned from the Huron Woods Staff." By S. Weaverdyck, A. Wittle, A; D. deLaski-Smith. In Vol 24 (1), 31-39, January, 1998.)
6. [Clinical Gerontologist: The Journal of Aging and Mental Health](#) published by the Haworth Press, Inc. (e.g., "Factors Related to Severe Mental Illness in the Latter Half of Life" in Vol 30 (4), 2007)
7. [The Gerontologist: The Gerontological Society of America](#) published by the Oxford University Press. gerontologist.oxfordjournals.org (e.g., February 2017 Vol 57 (1) Special issue on personal experience including professional gerontologists with aging and with caring for an aging family member) and (e.g., February 2018 Vol 58 (S1) Supplement issue on Alzheimer's Association Dementia Care Practice Recommendations)
8. [Journal of the International Neuropsychological Society](#) published by Cambridge University Press (http://www.journals.cambridge.org/jid_ins) (e.g, Special issue on Human Brain Connectivity March, 2016.)

9. Scientific American published by Scientific American, Inc. (www.sciam.com) (e.g., “Decoding Schizophrenia: The brain in Schizophrenia.” By Daniel C. Javitt and Joseph T. Coyle in January 2004, Vol. 293 (1), pages 48-57) (e.g., “Consciousness: How Neurons Make Us Aware” Vol 297 (4), October, 2007)
10. Scientific American: Mind published by Scientific American, Inc. (www.sciammind.com) (e.g., “Help for Hoarding” Vol 18 (1) February-March, 2007)
11. Science published by American Association for the Advancement of Science. (www.sciencemag.org) (e.g., “Brain Activity to Rely on?” by S Schwarzkopf & G Rees and “Reproducibility Distinguishes Conscious from Nonconscious Neural Representations” by A Schurger, F.Pereira, A Treisman, & J. Cohen Vol 327 January 1, 2010.
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ARTICLES

Brain

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2. A Look inside the Brain. By Karl Deisseroth. In Scientific American October 2016 Pages 30-37. www.sciam.com
3. A Tree of the Human Brain: Genomes of single neurons trace the developmental and mutational history of the brain. By S Linnarsson. In Science Vol 350 (6256): 37. October 2, 2015. www.sciencemag.org
4. The Aging Brain: How cognitive function can flourish. Special Issue of Science October 31, 2014 Vol 346 (6209). www.sciencemag.org
5. The Impact of sleep disturbance on the association between stressful life events and depressive symptoms. By Leggett, A; Burgard, S; Zivin, K. In Journal of Gerontology: Social Sciences 2016 Vol 71 (1): 118-128.
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7. Sleep: Rest affects mind and health. By Stickgold, R. Scientific American October 2015 Vol 313 (4): 52-57. www.sciam.com
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9. How sleep affects memory: Perchance to Prune. By Tononi, G; Cirelli, C. In Scientific American August 2013 Vol 309(2): 34-39. www.sciam.com
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13. Our Unconscious Mind: Hidden thoughts and feelings influence behavior. By Bargh, J. In Scientific American January 2014 Vol 310 (1): 30-37. www.sciam.com
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15. Following the Crowd: Brain Substrates of Long-Term Memory Conformity. By Edelson, M; Sharot, T; Dolan, RJ; Dudai, Y in Science Vol 333: 108-111, July 1, 2011. www.sciencemag.org

16. How the Brain Creates the Mind. By Antonio Damasio in Scientific American December 1999 pages 112-117. www.sciam.com
17. Concentrating on Kindness. By Kupferschmidt, K. In Science 2013 341:1336-1339.
18. The Self-Compassion Solution: Being Kind to Yourself. By Krakovsky, M. In Scientific American Mind May-June 2017 pages 65-69. www.sciammind.com
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25. Hidden Switches in the Mind: Epigenetic changes contribute to mental illness. By Eric J. Nestler. In Scientific American. December, 2011 pages 77-83. www.sciam.com
26. Schizophrenia's Unyielding Mysteries: Genes, the Environment, and Treatment. By Michael Balter. In Scientific American. May, 2017 pages 55-61. www.sciam.com
27. Brain "Relay" also Key to Holding Thoughts in Mind: Thalamus & Schizophrenia. National Institute of Mental Health May 3, 2017. www.nimh.nih.gov/news/science-news/2017/brain-relay-also-key-to-holding-thoughts-in-mind.shtml
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35. Treating Depression at the Source: Electrical Stimulation Deep within the Brain. By Lozano, AM; Mayberg, H. In Scientific American. February, 2015 pages 68-73.
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Dementia

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46. Lighting in Long-Term Care. By John Hall. May 6, 2017 Issue of McKnight's Long-Term Care News.
47. Introduction to the Recommendations from the National Institute on Aging-Alzheimer's Association Workgroups on Diagnostic Guidelines for Alzheimer's disease. By Jack, CR; Albert, MS; Knopman, DS; et al. in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association* Vol 7(3):257-262, 2011. (Also see pages 263-292. Final guidelines are at website www.alz.org.)
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50. Interconnections between my research and experience as a caregiver: Impacts on empirical and personal perspectives. By Lisa Fredman. In *Gerontologist: Vol 57 (1): 40-45*. February 2017. The Gerontological Society of America published by the Oxford University Press. gerontologist.oxfordjournals.org
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54. The Mini-Mental State Examination in Behavioral Variant Frontotemporal Dementia and Primary Progressive Aphasia. By Osher, JE; Wicklund, AH, Rademaker, A; Johnson, N; Weintraub, S. in *American Journal of Alzheimer's Disease & Other Dementias* Vol 22(5), October/November 2007 (<http://oe.sagepub.com>). (This is a special issue on Frontotemporal Dementia.)
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61. Intervention to Address Dementia as a Cognitive Disorder, Chapter 12. By Weaverdyck, S. in D. Coons (Ed.) *Specialized Dementia Care Units*. 1991. Johns Hopkins University Press, Baltimore, Maryland.
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WEBSITES

1. Our True Colors: A family's journey with dementia. By Brenda Roberts and family.
<http://www.truecolorsofdementia.com>
2. CMS initiative to reduce use of antipsychotic medications in nursing homes, including the Hand in Hand training toolkit -Three websites: <http://www.cms-handinhandtoolkit.info/Index.aspx> and <http://surveyortraining.cms.hhs.gov/index.aspx> and www.nhqualitycampaign.org
3. Alphabetical List of Mental Health Medications www.nimh.nih.gov/health/publications/mental-health-medications/alphabetical-list-of-medications.shtml
4. Medications used to treat various disorders [www.nimh.nih.gov/health/publications/mental-health-medications/what-medications-are-used-to-treat-\(disorder\).shtml](http://www.nimh.nih.gov/health/publications/mental-health-medications/what-medications-are-used-to-treat-(disorder).shtml)
5. Mental Health and Aging Project (MHAP) (<http://www.lcc.edu/mhap>) The MHAP library has many books, journals, videos, and AV materials on mental health, dementia, and neurological disorders. The website also provides updates on aging and mental health issues, lists of resources, and a calendar of conference and training events. MHAP is funded by the Michigan Department of Community Health (MDCH).
6. Dementia Care Series Caring Sheets: Thoughts & Suggestions for Caring. Michigan Department of Community Health; Lansing, Michigan. Caring Sheets are available online at the following two websites: <http://www.lcc.edu/mhap> (Mental Health and Aging Project (MHAP) of Michigan at Lansing Community College in Lansing, Michigan) and <http://www.improvingmipractices.org/> (Improving MI Practices website by Michigan Department of Health and Human Services in Lansing, Michigan). See List of Available Caring Sheets in your handouts. Note especially those regarding these topics: Caring Sheets #1 (Brain); #2 (Dementia); #14 (ADLs), #19 (Interventions for Frontal Lobe Impairment) #11 (Alzheimer's Disease), #12 (Dementia+ with Lewy Bodies), #13 (Frontotemporal Dementia). They are produced by Eastern Michigan University Alzheimer's Education and Research Program, edited and many authored by Shelly Weaverdyck.
7. National Institute of Neurological Disorders and Stroke NINDS website has information about:
 - a. Alzheimer's Disease at: <http://www.ninds.nih.gov/disorders/alzheimersdisease/alzheimersdisease.htm>

- b. Dementia with Lewy Bodies at:
<http://www.ninds.nih.gov/disorders/dementiawithlewybodies/dementiawithlewybodies.htm>
- c. Frontotemporal Dementia at: <http://www.ninds.nih.gov/disorders/picks/picks.htm>
- 8. Alzheimer's Disease Education and Referral Center ADEAR <http://www.alzheimers.org>
- 9. University of Michigan Alzheimer's Disease Center <http://www.med.umich.edu/alzheimers/>
- 10. Alzheimer's Association <http://www.alz.org> The annual report from the Alzheimer's Association called Alzheimer's Disease Facts and Figures is posted on this site.
- 11. Lewy Body Dementia Association, Inc. <http://www.lewybodydementia.org>
- 12. Association for Frontotemporal Degeneration (AFTD) <http://www.FTD-Picks.org>
- 13. National Plan to Address Alzheimer's Disease – 66 pages <http://aspe.hhs.gov/daltcp/napa/NatlPlan.pdf>
- 14. National Alzheimer's Project Act: Websites of information about implementing the National Plan to Address Alzheimer's Disease – 9 pages <http://aspe.hhs.gov/daltcp/napa/#Plan>
- 15. Annual Alzheimer's Disease Facts and Figures Alzheimer's Association Report by the Alzheimer's Association <http://www.alz.org/facts> and www.alzheimersanddementia.org
- 16. Dementia: Hope through Research from National Institute of Neurological Disorders and Stroke – 18 pages http://www.ninds.nih.gov/disorders/dementias/detail_dementia
- 17. Down Syndrome and Alzheimer's Disease. Alzheimer's Association (US). <http://www.alz.org>
- 18. Down Syndrome and Alzheimer's Disease. Alzheimer Society of Canada. <http://www.alzheimer.ca>
- 19. Down Syndrome. US National Library of Medicine. <http://ghr.nlm.nih.gov/>
- 20. Autism Fact Sheet. National Institute of Neurological Disorders and Stroke. <http://www.ninds.nih.gov/disorders/autism>
- 21. Autism Spectrum Disorder. National Institute of Mental Health. <http://www.nimh.nih.gov>
- 22. Asperger Syndrome Fact Sheet. National Institute of Neurological Disorders and Stroke. <http://www.ninds.nih.gov/disorders/asperger>
- 23. Attention Deficit Hyperactivity Disorder (ADHD). National Institute of Mental Health. <http://www.nimh.nih.gov>
- 24. Fragile X Syndrome. US National Library of Medicine. <http://ghr.nlm.nih.gov/>

ILLUSTRATIONS & ARTICLES ABOUT BRAIN FUNCTIONING:

The 12 articles and illustrations listed below are available online (e.g., www.sciam.com) or at any library. The photos and articles explain in some detail specific aspects of brain functioning.

1. **Sleep:** Scientific American Mind: March/April 2013; Illustration on Page 13 called "Central Brain Regions Involved in Sleep". It isn't really part of any article.
2. **Sleep:** Scientific American: May 2011; Illustration on Page 57 called "How the Body Knows Day from Night" in article "The Hidden Organ in our Eyes" by Ignacio Provencio: Pages 55-59.
3. **Sleep:** National Geographic: May 2010; Illustration on Pages 84-85 called "The Brain in Slumber" in article "The Secrets of Sleep" by D.T.Max: Pages 74-93.
4. **Sleep:** Scientific American: March 2016; Illustration on Page 47 called "Clearing the Head" in article "Brain Drain: An Internal plumbing system rids the brain of toxic wastes. Sleep is when this cleanup ritual occurs." by Maiken Nedergaard and Steven A. Goldman: Pages 45-49.

5. **Sleep:** Scientific American: October 2015; Illustration on Page 55 called “Don’t Skimp on Sleep” in article “Sleep on it!” by Robert Stickgold: Pages 52-57.
6. **Stress:** Scientific American: April 2012; Illustration on Page 51 of article "This is your brain in meltdown" by Amy Arnsten, Carolyn M. Mazure and Rajita Sinha: Pages 48-53.
7. **Pleasure:** Scientific American: August 2012; Illustration on Page 43 of article "The Joyful Mind" by Morten L. Kringelbach and Kent C Berridge; Pages 40-45.
8. **Schizophrenia:** Scientific American: January 2004; Illustration on Page 52 of article “Decoding Schizophrenia: The Brain in Schizophrenia” by Daniel C Javitt & Joseph T Coyle: Pages 48-57.
9. **Habits:** Scientific American: June 2014; Illustration on Page 42 of article "Good Habits, Bad Habits" by Ann M. Graybiel and Kyle S. Smith: Pages 39-43.
10. **Meditation:** Scientific American: November 2014; Illustration on Page 41 of article "Mind of the Meditator" by Matthieu Ricard, Antoine Lutz and Richard J. Davidson: Pages 39-45.
11. **Touch:** Scientific American Mind: July/August 2015; Illustration on Page 35 of article "The Social Power of Touch" by Lydia Denworth: Pages 30-39.
12. **Love and Lust:** Scientific American Mind Special Collector's Edition May 3, 2016: Illustration on page 13 of article "People Often Think of Love and Lust as Polar Opposites" by Stephanie Cacioppo and John T. Cacioppo: Pages 12-14