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Inspiring new book from Leeza Gibbons—*Take Your Oxygen First*—educates and empowers caregivers of loved ones with Alzheimer’s disease

“If there is one thing every reader will gain from this book, it is the message of hope that pervades every page.”—Larry King, from the foreword

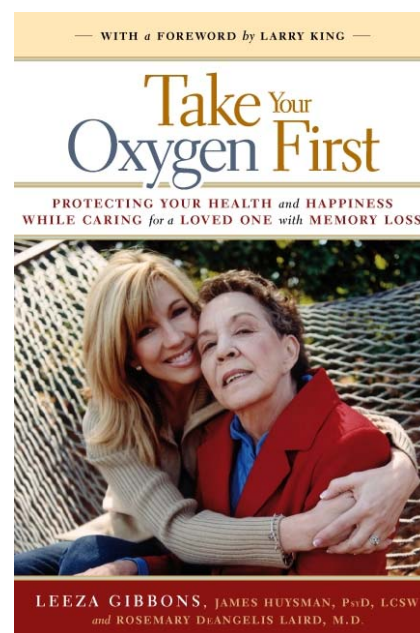
“Indispensable.”—*Today’s Caregiver Magazine*

CHICAGO: Alzheimer’s disease affects four million Americans and is the most common form of dementia. This degenerative brain disorder robs people of their memories, their personalities and their independence. Alzheimer’s disease also puts a heavy strain on caregivers, and they often overlook their own physical and mental health needs as they struggle to care for their loved ones.

Take Your Oxygen First: Protecting Your Health and Happiness While Caring for a Loved One with Memory Loss (LaChance Publishing, May 2009) by Leeza Gibbons, James Huysman, PsyD, LCSW and Rosemary

DeAngelis Laird, M.D. is an inspiring guide written specifically for caregivers that illustrates the importance of taking care of oneself *first* in order to ensure that loved ones suffering from memory loss are receiving the best treatment possible.

When media personality Leeza Gibbons’ mother Gloria Jean Dyson Gibbons was diagnosed with Alzheimer’s disease nine years ago, she learned the importance of the phrase “Take your oxygen first.” Caregiving is a particularly debilitating task and maintaining a healthy lifestyle is an essential component to effectively giving



care to another. *Take Your Oxygen First* shares the painful and honest story of how Gibbons and her family journeyed together to cope with the challenges of Jean's illness, gained strength in the process and learned the power of the "Three E's": Education, Empowerment and Energy.

Co-authored by Drs. Rosemary Laird and James Huysman, co-founder of The Leeza Gibbons Memory Foundation, *Take Your Oxygen First* contains timely medical and scientific information about memory loss disorders, provides practical information and advice for caregivers and shares the experiences of families of caregivers across the country. A comprehensive resources section and photo scrapbook of Gibbons and her family are also included.

Take Your Oxygen First addresses the universal needs and challenges that caregivers face when caring for someone with a memory loss disorder. Ultimately, this helpful guide provides a voice for burdened caregivers and helps them find meaning in life despite the suffering.

Leeza Gibbons is the former host of the Emmy Award-winning daytime talk show Leeza. She is the founder of The Leeza Gibbons Memory Foundation and Sheer Inspiration Life Coaching and a member of the American Red Cross's Celebrity Cabinet. She lives in Los Angeles. **Dr. James Huysman** is a psychologist, a clinical social worker, an addictions counselor and an Eriksonian hypnotherapist. He is the executive director and cofounder of The Leeza Gibbons Memory Foundation and an adjunct professor at Florida International University. He lives in Miami. **Dr. Rosemary DeAngelis Laird** is the founding medical director of the Health First Aging Institute and the medical director of The Leeza Gibbons Memory Foundation. She lives in Melbourne, Florida.

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