



# Must Read Books by OurSeniors

*Will I Still Be Me?: Finding a Continuing Sense of Self in the Lived Experience of Dementia*—A unique perspective on dementia, from a sufferer and survivor

[Christine Bryden](#) was a woman at the top of her field. She started off as a biochemist in her native England before moving to Australia to concentrate on science publishing. She worked for CSIRO—Commonwealth Scientific and Industrial Research Organisation, a scientific research agency of the Australian federal government—and eventually moved on to become a Senior Executive in Australian public service, where she advised the Prime Minister about science and technology. She was responsible for \$100 million+ programs and was awarded the prestigious Australian Public Service Medal for outstanding service to science and technology in 1994. She was clearly a woman of exceptional intelligence whose future looked bright and active.

One year later, in 1995, Christine was diagnosed with Alzheimer's Disease. For many people, that would be enough to stop them. Alzheimer's can be a devastating disease, forever altering not just the life of the diagnosed, but also the lives of everyone around them.

Three years after her diagnosis, Christine was not falling under its weight. Instead, she published her first book on her experience, *Who Will I Be When I Die?*, and became an outspoken, active, and passionate advocate for people with Alzheimer's and other forms of dementia. To date, Christine has appeared at hundreds of conferences, regularly presenting and lecturing on the disease all over the world. She was the first ever person with dementia to give a plenary address at the Alzheimer's Disease International (ADI) conference in 2001; two years later, she was elected to the board of ADI. She was awarded the Alzheimer's Australia (Queensland) Ambassador Award, in 2014.

And through it all, she has had the support of her family, including three daughters and four grandchildren, and her loving husband—a man she met and married after her diagnosis! Christine is living proof that diagnosis doesn't mean the end. In many ways, it can be a beginning.

She has published three books (so far) on her experience. The aforementioned *Who Will I Be When I Die?* was followed up by *Dancing with Dementia* in 2005. Most recently, the third in the series became available, [Will I Still Be Me?](#), published by Jessica Kingsley Publishers and released in the United States on August 21, 2018.

*Will I Still Be Me?* is a unique look at the continuing experience of dementia through the eyes of someone who is actually going through it. Christine's experience is fascinating, especially in the places where she talks about her fears, some of which are realized and some which turn out to be not as frightening as she initially thought. There are new things to worry about, she finds, and some things that are actually all right. Her book is by turns heartbreaking and hopeful, and often outright amazing given that she has been a dementia survivor and advocate for over 20 years.

Christine is a Christian, and she makes it clear that her faith is something that has helped her throughout this difficult journey. The non-Christian reader shouldn't shy away from her book because of this—the passages are told with the same straightforward honesty of the rest of the book. She is not here to preach, just to talk about her experience and what was, and is, helping her get through it. Her faith is part of her journey, and her frank mentions of it enrich the overall experience of reading her story because it increases the understanding of the author as both a writer and a survivor.

*Will I Still Be Me?* is a moving book on the experience of dementia. It would be of particular interest for caregivers of loved ones who have dementia or Alzheimer's Disease.

[Will I Still Be Me?: Finding a Continuing Sense of Self in the Lived Experience of Dementia](#)

Christine Bryden

Published by Jessica Kingsley Publishers

Available in paperback (144 pages) and ebook

CHRISTINE BRYDEN

## Will I Still Be Me?



*Finding a Continuing Sense of Self in the Lived Experience of Dementia*

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