

OLIVIA AMES HOBLITZELLE

foreword by

JON KABAT-ZINN

TEN THOUSAND

JOYS

&

TEN THOUSAND

SORROWS

A Couple's Journey Through Alzheimer's

"A vision of lives well led, and of love in the thick
of crisis and loss. Beyond inspiring."

— Daniel Goleman, author of *Emotional Intelligence*

Olivia Ames Hoblitzelle

Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's



[continue reading](#)

"Ten Thousand Sorrows & Ten Thousand Joys gives a vision of lives well-led, and of love in the thick of crisis and reduction. "-Daniel Goleman, writer of Emotional Cleverness "This beautiful book is unlike any various other personal account of living with Alzheimer's disease that I have ever read ."-Joseph Goldstein, author of One Dharma, Founder / Director of Insight Meditation Culture In this profound and courageous memoir, Olivia Ames Hoblitzelle describes how her husband's Alzheimer's diagnosis at the age of seventy-two challenged them to live the spiritual teachings that they had embraced during their life together. Beyond inspiring, it offers patients and families useful insights into how they can live their lives more completely amidst the heartbreak of a mind-robbing disease. Ten Thousand Joys & Ten Thousand Sorrows offers a wise and compassionate eyesight for maintaining wish and grace when confronted with life's greatest challenges. . Carrying out a midlife career shift, Harrison Hoblitzelle, or Hob as he was called, a previous professor of comparative literature at Barnard, Columbia, and Brandeis University, became a family therapist and was ordained a Dharmacharya (senior instructor) by Thich Nhat Hanh. Hob involves life in these pages as an incredibly funny and brilliant guy who by no means stopped enjoying an excellent philosophical conversation-even as his brain, quite literally, slipped away from him. (This memoir was originally self-published because the Majesty of Your Loving. But everything had transformed, and they understood that the only reply was to greet this last phase of Hob's existence consciously and lovingly."- Paul Raia, Director of Patient Care and Family Support, Alzheimer's Association, Massachusetts Chapter "A tale of courage, love, and growing wisdom in the face of Alzheimer's. And yet when they 1st heard the diagnosis, Olivia and Hob's initial response was to cling desperately to the life span they had had.)



[continue reading](#)

Loved their link with meditation throughout their journey with Alzheimer's. If I could give this 10 or more stars I'd do it. This review was recommended if you ask me as my hubby is dealing with memory loss and is 90 years old. Despite the fact that the book handles Alzheimer's I still connected with Olivia's emotional journey. I have been care giving for my hubby for about 6 years. I began to meditate regularly three years ago which is what I mainly connected with in the book. poignant and each chapter ends with useful recommendations. I came across myself understanding more when I get angry and experience "can be this what my entire life will be about" I had never read a book with somebody dying with Alzheimer's therefore if my hubby does move into that diagnosis Personally i think I will be even more educated on the trip. relate to as much as the disease goes but it includes a lot about Buddhism in it & As a specialist in mental health as well as a nurse working with people who are along the way of dying, I found the Buddhist perspective on the trip to care for a beloved family member with Alzheimer's intriguing. But as a caregiver of a man with Lewy Body dementia, I found it a life-saver! I'm well-versed in Buddhist tradition and have read very much about the Buddhist approach to dying, but Olivia Hoblitzelle tells us of one couple's heartfelt journey to companion one another to the finish of (his) life, using Buddhist practices as their anchor or interface in a storm of transformation and confusion. A moving tale of practice and reduction. Rev. The spiritual integrity and procedures that underline the couple's approach to coping with the devastating effect of the syndrome can be a courageous example for us all. These are the real issues managed by everyday caregivers. I found much of interest and also comfort here concerning the general theme of death and dying. A lovely book, absolutely beautiful. The statement Ten Thousand etc etc is a Buddhist thing (perfectly fine for a treatise on Buddhism) Probably the most profoundly moving books written about the 'journey' Olivia and Hob, her husband, diagnosed with Alzheimers, would ever end up being asked to make. A must read. Her struggles to create Hob's passage into and beyond an unidentified terrain a traverse of love (regardless of what) are as authentic and heartbreaking as her attempts to keep carefully the threads of her own (separate) life gathered jointly so she would possess something of her own once his journey had ended. The initial title is powerful possesses within itself the indicator of the profound love between this couple. The statement Ten Thousand etc etc is definitely a Buddhist issue (perfectly good for a treatise on Buddhism). A caveat: the title right here was forced upon the writer by the publisher on its second edition - it trivializes the review and does it no favours, neither is it especially relevant. The original title The Majesty of Your Loving must have been preserved. Majesty - the light of majesty is in everyone, or we would not recognize it; it is the divine light gives our essence its Becoming.. Wonderful read Great read for anybody curious about the issues and joys that is included with being a care partner of someone coping with Alzheimer's disease and dealing with death. His "diminishment" is what he called it - the tiny piece by piece loss of a brilliant human mind. Lessons for dying and for living Olivia Ames Hoblitzelle has given us a remarkable and beautifully written accounts of her and her husband's mindful trip through Alzheimer's Disease. I really believe that her story is not only for those affected by this awful disease, nevertheless. She has a way of inviting the reader into his/her personal story by compellingly recounting hers. Hoblitzelle and her spouse were learners and teachers of Buddhism and Mindfulness Meditation and she brings that radiantly clear and fearless look at of death to bear here, but no matter your spiritual tradition, that is probably the most compassionate, unflagging, and hopeful accounts of a journey to the other part that I have read, and having shed both of my parents to cancer, I have read many, representing many traditions. In spite of the topic matter, Ten Thousand Joys & Ten Thousand Sorrows is normally hardly ever maudlin or morose, but offers an honest, unflinching guideline to a "great dying". If you or anyone you know is facing death, or has recently crossed that threshold - okay, so that's everyone - this beautiful book will help. Deep, thoughtful and beautiful This is truly a story of two people, even though only 1 person wrote it. She was able to capture so much of her husband even while she gradually dropped him to Alzheimer's. The like between Olivia and Hob is usually majestic, and we are humbled by its existence once we read. I shall

make reference to it over and over. Truly a beautiful and insightful go through that will make you question how you see death. book review this book is about one couple's journey with Alzheimer's disease. It had been interesting to learn & The Buddhist perspective is quite helpful! I purchased another book since reading this & meditators. the author's involvement as teachers & this seems to be more beneficial to me as I have a problem with various issues caring for my young partner with the disease. I loved, loved, treasured this book and also have browse it to my dear friend who is in crossing into past due stages of the disease, along with shared it with friends who are looking after various family: parents, spouses, and in a single case, a son with early onset dementia. I appreciate .. However, not all folks live to the majesty of that light, nor to the light of Majesty. A moving story of practice and reduction.I appreciate having the ability to purchase it on-line because my nearby town does not have a bookstore. Useful and spiritual thoughts for traveling the unknown Outstanding reading specifically for family members and caregivers of persons experiencing Alzheimer's disease . Many practical thoughts, many spiritual insights.Her compassion is inspiring, yet equally so is her impatience and compassion exhaustion. Barbara A. Beadles Joys and Sorrows This was something special, and the individual receiving it (whose spouse is in early stage of Alzheimer's) explained it has been very useful. She and her husband both meditator's result from a gorgeous place in dealing with life and death which is the same outlook we have. Well written, poignant and each chapter ends with useful suggestions. We do, however, identify majesty: the dignity, integrity, humour and repose which lengthen from a person out of whose presence flows an innate authority. This publication is very much indeed a keeper - one I'll reopen frequently. Five Stars Very thought provoking book. She honors him in her writing, and she honors herself as she writes truthfully of the strain and heartbreak to be the witness to everything both of them lose, slowly, gradually, permanently. Wonderful resource suggestions. Five Stars Excellent.



[continue reading](#)

download free Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's fb2

download free Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's pdf

[download The Think and Grow Rich Workbook: The Practical Steps to Transforming Your Desires into Riches \(Think and Grow Rich Series\) ebook](#)

[download The Power of Your Subconscious Mind \(Roughcut\) mobi](#)

[download free The Tao of Forgiveness: The Healing Power of Forgiving Others and Yourself txt](#)