

The book cover features a sunset scene over a body of water. The sky is filled with orange and yellow clouds, and the sun is visible on the horizon, reflecting on the water. In the foreground, a person is silhouetted in a canoe, paddling across the water. The title 'Learning to Float' is prominently displayed in the center, with 'Learning to' in a serif font and 'Float' in a large, white, cursive script. The author's name 'Allan Ament' is at the top in a serif font, and the subtitle 'Memoir of a Caregiver-Husband' is at the bottom in a serif font.

Allan Ament

Learning to *Float*

Memoir of a Caregiver-Husband

Allan Ament

Learning to Float



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Everyone will end up being buoyed by the like Allan and Deloris share because they face their brand-new normal. No more equal partners in relationship, Allan becomes Deloris's primary caregiver, in charge of maintaining their home and her well-becoming. Drawing on contemporaneously written emails and private journal entries, Ament unflinchingly exposes his psychological, mental, and physical ups and downs, consistently focusing on the love, humor, and opportunities for personal and spiritual development he experiences upon this journey. Understanding how to Float describes Allan's transformation from a criminal protection lawyer to a compassionate, emotionally vulnerable caregiver. A person with the possibility to become a caregiver for someone you care about, now or in the future, will take advantage of the insights Ament shares. Allan and Deloris Ament's lives have a dramatic switch when Deloris suffers a debilitating stroke.



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This is a significant reserve. The honesty and advice because of this both trying and rewarding journey is I'm all over this. A sensitive, real account of a caregiver's encounters when his lifestyle and the life of beloved wife existence is forever changed by stroke. Highly recommended! There's much to be learned from scanning this book and I recommend reading it. As I slipped in to the story, buoyed by Ament's obvious, conversational, informed (and occasionally witty) prose, I became fascinated with it. By sharing his personal struggles through the unfamiliar and often turbulent waters, he teaches us to recognize our own possibilities in accepting Life's offerings. Highly recommend. Good writing. A Must Browse for everyone coping with aging or with medical conditions and specifically for caregivers Allan Ament wrote this book based on his personal experiences.. He details with compassion, honesty, candor and grace how he adapted to the role. This was a highly-readable, intimate account to be a caregiver for a spouse; in this instance it was the husband who cared for his wife. Good writing. Great glimpse into his daily life as he grappled with this enormous problem. Recommended reading!. Having him express his emotions has helped me feel that I am not alone in this battle to keep the one I REALLY LIKE SO DEARLY with me e My partner is having cognitive storage difficulty and most of the mental anguish expressed by the writer act like those I face almost daily, Having him express his emotions has helped me feel that I am not by yourself in this battle to keep carefully the one I REALLY LIKE SO DEARLY with me each instant. Ralph Allan's story is among love and caring Allan's story is among like and caring. I would recommend this book to anyone coping with hardship in their family, or anyone interested in how others have managed to deal with insurmountable pain and loss. A sensitive, true account of assuming the role of caregiver whenever your beloved is taken ill and your daily life is forever changed. It is a great browse for all those wishing to find out more about this human experience. Helpful insights. Starts just a little slow but then accumulates steam. Excellent story, well written and provides helpful insights. This is a story of extraordinary and mundane experiences told in transparency with grace, compassion and ultimately, love. It is well created and filled with insight and meaningful observations.. Three Stars doesn't really appeal to me. At first glance, this sounded as if it could not be for me personally. Not so! The writer, coming to understand that he is in his beloved romantic relationship as a "volunteer rather than entirely of his very own volition", learns to learn and trust the Float. A Must Read Memoir UNDERSTANDING HOW TO Float: Memoir of a Caregiver-Husband, by Allan Ament, is the story of what goes on after Allan's much loved wife, Deloris has a stroke. But he also shares larger truths, such as for example, "When you inquire people for help, you provide them with something special." The takeaway? Figure out how to trip life's waves and storms to see it more deeply. Great glimpse into his lifestyle as . I was deeply touched by the depth of like expressed as Allen is sometimes stretched beyond he previously thought feasible. He has not sugar-coated his actions or reactions and folks who have been in similar circumstances will recognize his brutal honesty. she was my wife, my soulmate, and she needed my help." As someone with family members who have chronic medical issues (though nothing at all as devastating as a stroke), I was eager to learn about someone else's knowledge and coping mechanisms. I would make use of my intellect, my rationality to understand and master the skills and knowledge I would need to care for her. I would utilize the love and gratitude as sources of energy to keep me afloat through this journey." The title; UNDERSTANDING HOW TO FLOAT is based on how a leaf acts when it lands in water. The leaf will not struggle, it generally does not try to get away, it floats along wherever the drinking water takes it. Occasionally the water is calm and peaceful and occasionally there are Rapids to cope with, but the leaf continues to float. Poignant, Painful, True I am so happy I stumbled

upon Allan Ament's memoir "Understanding how to Float. He writes with truthfulness and introspection which many memoir authors lack. He retains nothing back again and readers will like him sometimes and at moments they won't, but at least he's truthful. "Doing other things never crossed my brain; Allan's writing can be emotionally raw while also being intellectually stimulating. Of course, I'd be there on her behalf. Ament brought so much compassion, understanding, depth of feeling and (often painful) truth to his story. He gave us the entire story, and showed us his entire self, which is rare with these forms of memoirs. I am very happy that he required the time to pen this memoir and share his experience! A guide publication and a love story Allan Ament's memoir is definitely a beautifully and honestly written story of his trip into higher wisdom and acceptance of the vicissitudes of life. His wife, Deloris acquired a stroke and Allan made a decision to become her full-time caregiver. An excellent read in addition to a tremendous guide book for all us travelers of life. He's honest about his feelings, research and actions in every the aspects of a long term, cataclysmic disease such as much loved his wife, Deloris, experienced. Suddenly confronted with being Deloris's main caregiver, Allan finds himself ready very few folks are prepared for.. He talks about taking the suggestions about caregivers having to care for themselves and understanding how to require and accepting help. He encourages the reader to educate themselves also to research choices. He discovers that support and humor are essential aswell. Both he and Deloris confronted many issues and fears and he shares how they worked through them.Help and Motivation for Caregivers This is a wonderful book for anyone facing the chance or reality to become a caregiver (especially as a spouse). Initially, this sounded as if it could . Trudi Sackey, MA, Relationship, Family Therapist Allan Ament brings us a jewel of insight and wisdom, born of Life's unforeseen events that can bring us to your knees. I received this reserve for free through LibrayThing Early Reviewers and I provide this review of my own free will.



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