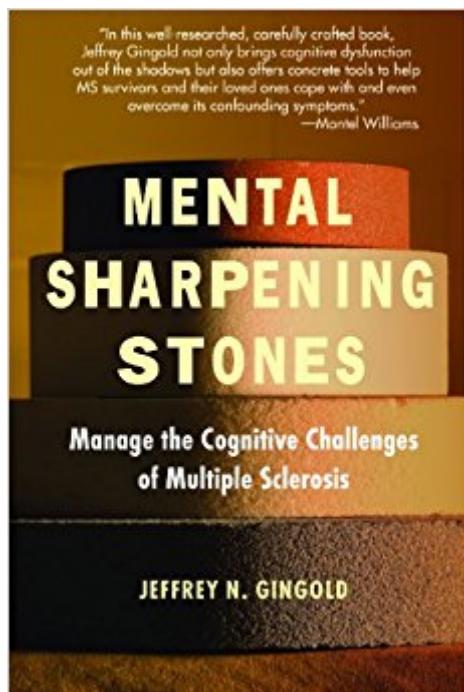


The book was found

# Mental Sharpening Stones: Manage The Cognitive Challenges Of Multiple Sclerosis



## Synopsis

"With an estimated 400,000 multiple sclerosis patients in the United States alone, conservatively speaking, half of the MS population will encounter varying degrees of cognitive difficulties. Newer studies point to a percentage of 65%, affecting over 2.5 million world-wide MS patients. Mental Sharpening Stones: Manage the Cognitive Challenges of Multiple Sclerosis provides real-life techniques garnered from MS patients and their medical providers, sharing their practical methods for pushing back against the disruptive and potentially disabling cognitive symptoms that affect MS patients. The book offers strategies that will assist those living with MS to retain their intellectual faculties through sharpening their mental discipline. This book is a vital step beyond acknowledging cognitive symptoms and the revealing changes that can affect those living with MS. It will also inform those who know them physically, mentally, emotionally and spiritually. The contributing writers of this book serve as exemplars and guides of how to live with and function - despite MS cognitive challenges. This book includes: Tips and tricks for dealing with cognitive issues A conversation with Montel Williams A conversation with New York Times bestselling author Richard Cohen A conversation with Chief Justice of the Colorado Supreme Court, Mary Mularkey A portion of the proceeds from this book will be donated to the National Multiple Sclerosis Society and the Montel Williams MS Foundation "

## Book Information

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## Customer Reviews

"Simply put, cognitive dysfunction is the stepchild of multiple sclerosis. In this well-researched,

carefully crafted book, Jeffrey Gingold not only brings cognitive dysfunction out of the shadows but also offers concrete tools to help MS survivors and their loved ones cope with and even overcome its confounding symptoms." --Montel Williams "Overall a well researched book which is an enjoyable read and very helpful, not for people with Ms but for their families and health profesionals." - MS Society Member Evelyn Wright (MSCONNECT 20110101)"A page turner written with ease and flare that keep you wanting to read and enjoying the ride...Jeffrey's postive and realistic attitude will make you think and the book will give you suggestions and options you either use already or might try in the future...It's good to know we are not alone. MSWorld "This book offers concrete yet beautifully written advice on how to develop better cognitive skills through conversation, puzzle-solving and psychological strength." -- Book News "Jeff Gingold, Us Mental Sharpening Stones offers valuable real-world advice both for people with MS-related cognitive difficulties and for those who love them. Richard Cohen, Montel Williams , Colorado Chief Justice Mary Mullarkey and others speak frankly about the steps they take every day to manage this common MS symptom. Their candid conversations and the tips offered asMental Sharpening Stones offer practical suggestions to people with MS as well as important insights and guidance for family members, friends, and employers. Congratulations, Jeff, on bringing together these leaders in the MS movement so that we can all learn from each other."--Joyce Nelson, President and CEO, National Multiple Sclerosis Society "With the publication of his first book, Facing the Cognitive Challenges of Multiple Sclerosis, Jeffrey Gingold became the voice of an invisible and under-recognized symptom. By candidly sharing his experience from inside the mental twister of the disease, he brought cognitive impairment to the forefront of the MS world. In his second book, Mental Sharpening Stones: Manage the Cognitive Challenges of Multiple Sclerosis, Gingold offers real-life strategiesÂ from personal experience, other people with MS, and healthcare providersÂ to successfully adapt and manage this disruptive symptom. Planning according to the body's rhythms, identifying and perpetuating activities that maximize cognitive strengths, and creating a safety net are just a few of the creative yet practical methods for offsetting cognitive symptoms. Indeed, Gingold has turned on a light in the closet of invisible MS symptoms." --MSFocus "Many patients suffering from multiple sclerosis have derived guidance and solice from Jeffrey Gingold's personal account, Facing the Cognitive Challenges of Multiple Sclerosis. His second publication, Mental Sharpening Stones: Manage the Cognitive Challenges of Multiple Sclerosis, builds on the success of the prior volume by adding personal reflections of other patients and advice on management by experts. These highly readable and practical books will be of immense benefit to patients, their families, and health professionals."--John Fleming, MD, Profe --SciTech BookNews"

Jeffrey N. Gingold is the internationally acclaimed author of the Award-winning book, Facing the Cognitive Challenges of Multiple Sclerosis (Demos Medical Publishing, 2006). Jeffrey is an outspoken, volunteer advocate regarding MS and cognitive disability. He has been a guest on The Montel Williams Show, NPR (Milwaukee), numerous webcasts and national Talk Radio shows. His efforts on behalf of the National MS Society's Wisconsin Chapter have helped to secure funding for an MS early diagnosis program for indigent women in Wisconsin, as well as an income tax check-off for voluntary giving to fund MS programs and services. He was the recipient of the NMSS Wisconsin Chapters 2003 Outstanding Volunteer and 2006 Innovative Volunteer Awards. Jeffrey is a published freelance writer and has authored numerous articles for U.S and international publications. He enjoys ice speed skating and especially spending family time with his wife (Terri), two adorable daughters (Lauren and Meredith) and one cat named Mickey - named after the baseball player, not the mouse.

Gingold deals with memory loss and cognitive "slippage" in a matter of fact and constructively helpful way with tips on memory retention and retrieval. For those dealing with cognitive issues related to illness (Alzheimers and other forms of dementia, MS, chemo related memory losses), there are many tools between the covers of this book that actually work to help one keep what they still have and retrieve what was thought to have been lost.

This is an informative book about the problems with mental processing that many people have with MS. There are many solutions shared by people with MS.

good read

Some clever ideas to sharpen memory. Would recommend it to people with MS.

This is the first book I have read by this author, and the first on the subject. I have not yet been diagnosed with MS (nothing shows on the one MRI I've had), but reading this book has had a great positive impact on me because the things the narrators talk about are and have been happening to me for some time, and it was very comforting to know that I am not alone. The stories are about how people who had their lives established and knew what they planned for their future, adapted to the cognitive and physical changes which altered their lives and plans. I think this book may be more

helpful to people with MS than to others simply interested in the disease because of the personal nature of the problem. I gave 4 stars instead of 5 partly because of redundancy from one story to the next, and also because the title led me to believe there would be more specific "techniques" for improving cognition rather than generalized tips for coping, all of which I could have thought of on my own. The message of the book is more of how people CAN and do manage their MS symptoms, rather than specific mental exercises or methods to regain/improve cognitive ability as I had hoped for (a few well known methods were mentioned). The author(s) give general advice on proceeding with your career/life, trying to put it in a positive light, and I think this is likely to be the most important aspect of the book for someone newly diagnosed or otherwise not too far along already with the cognitive problems. I think most people w/MS or similar cognitive deficits will find the book reasonably helpful. I plan on reading the author's first book now.

great for short attention spans - several short stories and tips

This is a very useful book it arrived in perfect condition I would reccomend it for anybody who is facing the challenges of mental lapses not only those who have Multiple Sclerosis

Most insightful book for individuals with MS. It offers inspirational notes along with excellent and a variety of suggested methods to maintain your cognitive and emotional stability.

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