

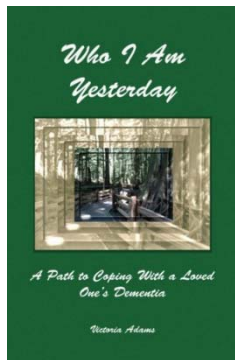
Meet the Author: Victoria Adams

Barnes & Noble
1530 Black Lake Blvd SW (Capital Mall, West Olympia)
Olympia, WA 98502

Saturday, April 29, 2017 2PM to 4PM



Victoria Adams, author of *Who I Am Yesterday*, will be signing copies of her book at Barnes and Noble in the Capital Mall, West Olympia, Saturday, April 29, 2017 from 2PM to 4PM.



Who I Am Yesterday is a personal journey through the first year of learning to manage the joys and tribulations of living with a loved one with dementia. It is also a tale of discovery, and a sharing of the coping mechanisms that worked for the author. Through her work on the book, and in tales and reflections recorded on her website (victoriasreadingalcove.wordpress.com) under "Caregiving Backstage," Adams follows the incredible workings of the human mind and learns how to find humor in the midst of heartbreak.

From reviews on the title: "Ms. Adams has written this book to help others in her same situation. But it is no medical essay-she does not go into the whys and wherefores in jargon that only the health-centric educated can understand. Her style is such that it seems she is sitting across the table from you, offering tea and sympathy, and not just a little much-needed advice." Kitty Muse Book Reviews

"I feel like caregiving books are either a narrative, or a tutorial – both equally effective – but this book gives you both, something I really appreciated. The narrative is a fascinating play-by-play of the author's husband's descent into Dementia, starting with the "inciting" incident that first put Adams on high alert, and the tutorial is a comprehensive manifesto of sorts, packed with some pretty brilliant ideas and insights I hadn't heard explained quite the same." Gregor Collins, author of *Accidental Caregiver*

With the cooperation of the Council on Aging offices in Aberdeen and Olympia, Adams will be offering resource information for caregivers and families dealing with dementia throughout southwestern Washington. In addition, she is offering flyers with resources she found useful for clothing, supplies, and reading material. Barnes and Noble will be supporting the event with a display of titles available in their store on dementia and caregiving.

The book is available on line in paperback and Kindle. It can also be ordered through your local Barnes and Noble bookstore.

To arrange a book signing or interview, contact Victoria Adams at vadams@comp-dyn.com, or stop by her website: victoriasreadingalcove.wordpress.com.

