



# Vivir con el Alzheimer (Actual) (Spanish Edition)

*José Luís Molinuevo*

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Vivir con el Alzheimer tiene como propósito servir de apoyo a las personas que tienen a su cuidado a familiares o seres queridos que padecen la enfermedad de Alzheimer. En esta obra se abordan los aspectos íntimos que contribuyen a producir sufrimiento en el cuidador.

Aunque vivir sin sufrimiento es imposible por tratarse de algo inherente a la psique humana, sí es viable comprender aquellos procesos psíquicos que son fuente de conflicto y por ende de un mayor padecimiento. Vivir con el Alzheimer es una obra pensada para quienes están sufriendo un «duelo vivo»; «duelo» porque la sensación de pérdida es constante, y «vivo» porque supone cuidar a una persona que está cambiando continuamente.

La lectura de esta obra nos ayudará a entender con claridad la enfermedad y, quizá lo más importante, el proceso íntimo de transformación del cuidador. Si nos abrimos a la experiencia presente, a la realidad que estamos compartiendo con nuestro ser querido y a nuestra transformación en el plano interior, la vivencia del Alzheimer puede ser sorprendente y paradójicamente enriquecedora. Vivir con el Alzheimer aspira en definitiva a ser útil para el proceso de crecimiento que todos experimentamos a lo largo de la vida.

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