



# Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimer's

*B. Smith, Dan Gasby, Michael Shnayerson*

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*“I know where I’m going. I’m still myself. I just can’t remember things as well as I once did. So on short trips, I work hard not to be confused. I’ll say to myself, What are we going to do? How long are we staying? It’s like I’m talking to my other self—the self I used to be. She tells me, This is what we need to buy—not that. I’m conscious of that other self guiding me now.”*

Restaurateur, magazine publisher, celebrity chef, and nationally known lifestyle maven, B. Smith is struggling at 66 with a tag she never expected to add to that string: Alzheimer's patient. She's not alone. Every 67 seconds someone newly develops it, and millions of lives are affected by its aftershocks.

B. and her husband, Dan, working with *Vanity Fair* contributing editor Michael Shnayerson, unstintingly share their unfolding story. Crafted in short chapters that interweave their narrative with practical and helpful advice, readers learn about dealing with Alzheimer's day-to-day challenges: the family realities and tensions, ways of coping, coming research that may tip the scale, as well as lessons learned along the way.

At its heart, *Before I Forget* is a love story: illuminating a love of family, life, and hope.

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