



Master Baker Barry's Recipes for Success: Whilst living with Alzheimer's

Mr Barry Pankhurst

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This my second book of recipes is the culmination of many months of exhausting work that's had my brain going in overdrive trying to remember all the recipes and making me delve deep down into my faltering memory bank for the preparation methods, but I finally got it done, which has given me a great sense of satisfaction and achievement, as in truth this was something that I wanted to do an extremely long time ago just after my early retirement but kept putting it off and then when Sumi and I opened our own bakery and café out here in Dander Indonesia where we live there never seemed to be the time as the business was going so great right from the start that it kept me working from 4am until 8pm 7 days a week, but then Alzheimer's and Dementia arrived on my scene which put pay to my active working days and to be very honest that last thing on my mind then had nothing to do with writing my recipe book as my mind and body are being consumed by this devastating illness "Yet" here I am now over nine years into my illness and I've finally done it, which seems a bit strange! In truth it would be all so easy to just sat back and let the Alzheimer's and dementia take utter control of my mind and body but I was determined right from the moment that I was diagnosed in January 2005 that I wasn't going to acquiesce to the illness and let it take control of my life (well not as yet!) Thus I decided to set about this my second recipe book not as my swansong but as my deepest inner personal quest to try and retrieve what the illness is slowly taking away from me and to prove to myself that I still have some determination and the spirit to fight back against overwhelming adversity. It's not been easy and I must be honest and say that I did make some silly mistakes when baking, and forgot various things, but to coin a phrase I always used in my past working life when decorating cakes (If you don't get it right first time, then scrap it all off and start again) until you get it right, which is exactly what I did, hence my motto... "Continuing my baking has become my mother of intent in fighting my Alzheimer's"

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Alfred Greenwell:

Playing with family in the park, coming to see the ocean world or hanging out with pals is thing that usually you might have done when you have spare time, after that why you don't try matter that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Master Baker Barry's Recipes for Success: Whilst living with Alzheimer's, you may enjoy both. It is excellent combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't understand it, oh come on its referred to as reading friends.

Thomas Smith:

Many people spending their period by playing outside along with friends, fun activity having family or just watching TV the entire day. You can have new activity to invest your whole day by examining a book. Ugh, ya think reading a book will surely hard because you have to take the book everywhere? It all right you can have the e-book, bringing everywhere you want in your Smart phone. Like Master Baker Barry's Recipes for Success: Whilst living with Alzheimer's which is obtaining the e-book version. So , why not try out this book? Let's notice.

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